

Informed Consent for Reiki Energy Healing

Practitioner: Emily Dittman, Reiki Master (Level III)

Introduction

Reiki is a gentle, non-invasive energy healing practice that supports relaxation, stress reduction, and balance of the mind, body, and spirit. Reiki sessions are complementary in nature and are not a substitute for medical or psychological care.

What to Expect

- Reiki sessions are conducted with **no physical touch**. Energy is channeled through intention and focused awareness while the client remains fully clothed, seated, or lying comfortably.
- Each session typically lasts **30 minutes**.
- Clients may experience sensations such as warmth, tingling, relaxation, or emotional release. Some clients may not feel anything noticeable during the session but may still experience benefits afterward.

Possible Benefits

- Deep relaxation and stress relief
- Enhanced emotional well-being
- Increased sense of peace and clarity
- Support for the body's natural healing process

Possible Risks or Considerations

- Reiki is generally considered safe, with no known harmful effects.
- Occasionally, clients may experience temporary fatigue, emotional sensitivity, or the release of suppressed feelings. These effects are usually short-lived and part of the body's natural healing process.
- Reiki does not replace medical treatment. Clients are encouraged to continue any care prescribed by licensed health professionals.

Fees

The fee for Reiki services is **\$60 for a 30-minute session**. Payment is due at the time of service.

Consent

By signing below, I acknowledge that I have read and understood the information above. I understand that Reiki is a complementary practice and not a replacement for medical or psychological treatment. I consent to receive Reiki energy healing sessions from **Emily Dittman, Reiki Master (Level III)**.

Client Name (Printed): _____

Client Signature: _____

Date: _____