

## Merkaba Center for Healing, LLC.

### Structural Integration of Mind.Body.Spirit.

Kendra Bratherton- OTA, PBP, Reiki Master and Tensegrity Medicine Specialist

Emergency/Crisis Practitioner: Everett Schlarb- PBP

#### Client Information, Acknowledgement and Consent Agreement

I understand the services & sessions offered by Merkaba Center for Healing, LLC are considered complementary to, but not a replacement for standard medical & professional treatment. I have read the Disclaimer above and hereby waive Merkaba Center for Healing, LLC, Kendra Bratherton and Everett Schlarb of any and all liability, now and in the future of any damages or complications and will seek no legal claims against said above, resulting from or connected to any services rendered or not rendered.

Merkaba Center for Healing, LLC, Kendra Bratherton and Everett Schlarb have General Liability Insurance through ABMP (Associated Bodywork and Massage Professionals).

Payment is to be completed at time of service via cash, check or major credit card. Cancellations need to be made 24 hours prior to appt. or a \$25.00 fee may be applied. Returned Check fee \$25.00. NO SHOW clients may be charged a \$40.00 fee upon discretion of the practitioner.

#### Bowenwork Theory and Nature of Session

Bowenwork is a very effective bodywork therapy, where very gentle moves are performed over muscles and soft tissue, stimulating the nervous system to reset and heal. Frequent pauses in between moves allow the body to process the messages and initiate the healing process. Wear or bring lightweight, loose fitting clothing. You may notice changes over the next several days as your body continues the process. The process can continue up to 10 days after the session. It is important to follow closely to any 'homework' provided, like the three "W's". Water. Walk. Wait. 'Wait', meaning you agree to hold off on other modalities (ie: acupuncture, massage, chiropractic etc.) for 4 days after a session. This is an essential part of your care and will improve your results.

#### Tensegrity Medicine Theory and Nature of Session

Tensegrity Medicine addresses chronic conditions and movement dysfunctions by evaluating postural patterns and lifestyle strategies through a whole body approach. Myofascial Length testing is used to determine the GREATEST fascial restrictions throughout the body. With this information, we are able to address the most restricted area using different types of light manual therapies. This form of evaluation will be done before and after each session. You agree to have your postural assessment picture taken for chart reference and height documented before and after session. You agree to verbal dialogue around core belief patterns, attitudes, and emotions that may be contributing to our physiology and chronic pain.

## REIKI Theory and Nature of Session

Stress, trauma and illness may restrict the natural flow of energy through the body. REIKI is a form of energy healing that often involves hands-on healing to help the body's ability to relax, improve energy flow and therefore improve the body's ability to heal itself. This touch, as prescribed by Reiki practitioner standards, is gentle, non-invasive and non-manipulative. Kendra will ask you first if you are comfortable with and will allow hands-on touch. Energy healing can also be accomplished without touch of any kind. It is believed that the energy is guided by God/Source/Spirit for the physical, mental, emotional and/or spiritual well-being of the client. Therefore, a specific outcome cannot be guaranteed.

## Sound Healing and Essential Oils

Tuning forks and high quality essential oils (Kendra is a doTERRA Wellness Advocate) may be used during your session to complement your healing experience. Most tuning forks are used only in your etheric field and involve no touch. Body tuners are placed lightly on your vital body points, along spine and the feet or where needed. Essential oils may be applied to your hands, feet or forehead. No massage is used as you are purely breathing and soaking in the many benefits of plant medicine.

## Confidentiality and Responsibility

Practitioners respect and adhere to strict professional and ethical guidelines in terms of confidentiality and responsibility which prohibit each practitioner from disclosing client confidences to any third party, with legal exception involving harm to oneself or others, child abuse, homicide or suicidal intent or as required by court action. This confidentiality goes both ways as we may share our own personal life experiences during a session if deemed appropriate. Practitioners reserve the right to decline service and to stop a session at anytime. Any sexually inappropriate innuendos, touch or looks will immediately end the session.

## Client Responsibility

I have read and discussed the above information and agree with it completely. I understand that I should continue to see any medical doctors whose care I am currently under and that any prescription medication should not be altered without first consulting a qualified physician. If I am uncomfortable, it is my responsibility to state so and discuss my preferences and comfort level. I also agree to remain calm and manage my behaviors appropriately during sessions, I will not exhibit any form of sexually inappropriate behaviors and understand that the session will terminate immediately if I do so.

Sign \_\_\_\_\_ Date \_\_\_\_\_