

## **RENEWED LIFE COUNSELING**

### **CLIENT INFORMED CONSENT AND DISCLOSURE STATEMENT AGREEMENT FOR SERVICES**

In beginning our counseling relationship, I believe it's important that you understand the services that I offer, my approach to the counseling relationship, risks, and benefits and standard office procedures. Please read this information carefully and let me know if there is anything you don't understand. As I share my skills and resources, I am merely a resource for you as you take responsibility for your growth.

#### **Therapy Services Offered**

I offer a range of Christian based psychotherapy to support your healing process. In addition to traditional client-centered therapy, I offer a biblically based protocol for energy psychology called Splankna Therapy. This method incorporates energy psychology methods under a Christ-centered approach to clearing out unresolved traumas. In addition to this method, I utilize other more secular approaches to clearing our emotional energy blocks.

#### **Theoretical Approach**

Energy Psychology is a term used to refer to a variety of methods based on the use, modification, and manipulation of energy fields that look at imbalances within the energy systems. Energy systems typically can store thoughts, beliefs, and emotions which greatly impact one's behavior. This stored emotion can be affecting the energy flow of the meridian system of the body that doesn't foster well-being. The Splankna method is designed to help get to the origin of the blocked emotional material through the use of muscle-testing which has been utilized in many of the healing fields such as chiropractic. The goal is to desensitize this emotional stress and restore proper energy flow. Basic Biblical principles such as confession, repentance, and forgiveness and prayer will be utilized in this process.

Although Energy techniques such as Splankna Therapy have promising results, they have yet to be researched by Western Academic, medical, and psychological communities and therefore, may be considered experimental. The nature of their effectiveness, as well as risks and benefits, are not fully known. However, I have multiple testimonials of satisfied clients which you can view on my website. The benefits range from various family and career-related issues. If you have any further questions about the nature of the theories, methods, and techniques I use, please feel free to ask me for further resources or references.

#### **Outcome Expectations; Risk & Benefits**

It is impossible to predict any specific results regarding any of the practices and methods I utilize in my practice. However, I am committed to using what I consider to be the best method to achieve the result desired by my client. I never know exactly how each person will respond to a treatment approach. Most psychotherapy that is designed for talking, gaining insight about your issues has to benefit. However, I have found the methods I utilize can speed up the process where talk therapy leaves off. While making changes through energy methods tend to clear out issues in relationships, work, or health related symptoms more easily and quickly. In some cases, there might be a temporarily worsening of

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symptoms due to the transformational process (for example, counseling cannot necessarily keep a marriage intact). Emotional memories that surfaces can bring about perceived negative side effects. In most cases, it is temporary and can dissipate after memories have cleared. Due to the nature of this type of therapy, I am available to discuss any concerns or questions that may arise as you seek treatment with me.

### **Explanation of Dual Relationships**

We will form a close professional relationship with our work, and you will become extremely important to me as a client. It is important to know that our relationship as a therapist/client relationship will remain that way and there will not be dual relationship such as being my plumber, lawyer since this could not be ethical. Such consultations will maintain your confidentiality unless in cases where you waive this right.

### **Regular Sessions and Fees**

Sessions can last from 60 minutes. I ask that this fee is paid at the time of services. There will be a \$25 charge for any returned checks. If you pay by check, I will give a \$5 discount per session. If you need to cancel a session except due to illness or bad weather, there will be a charge of ½ of the session cost. This charge will be removed if you reschedule the session another day that week.

### **Extra Sessions or Time**

If you need an emergency session, I will try to work you into my schedule if possible. If I need to send in paperwork for insurance, there will be a \$35 per 30-minute charge. If there are times you need a short check-in with me, we may do a 10 minute session by phone without any charge.

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Client Signature Date

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Therapist Signature