

# Renaissance Integrative Therapy Consent Form

## My Status and Scope of Practice

Hello, my name is **Deborah Mazanek** and I am a Certified BodyTalk Practitioner, an Accunect Practitioner and a Licensed Physical Therapist. I have extensive training in manual therapy techniques from the Connecticut School of Integrative Manual Therapy and energy medicine techniques based on Traditional Chinese Philosophy. I am not a physician, and I do not diagnose or treat disease. My sessions are not a substitute for diagnosis or treatment from a qualified health practitioner for illnesses, injuries, or other medical conditions. My services are licensed by the Commonwealth of Virginia for PT, but not for the other modalities involving energy medicine principles. My practice is guided by the International BodyTalk Association, International Movement Association Codes of Ethics, and the Healing Touch Code of Ethics.

## Description of Therapy Techniques

BodyTalk, Accunect and all the modalities used by Deborah are gentle, complementary, energy-based approaches to health and healing that can assist in bringing your body back to its natural ability to heal. The therapies used are intended to enhance relaxation, decrease stressors on the body, increase communication within areas of the bodymind and to educate you regarding possible energetic or emotional blocks that may create pain and disease. The approach that Deborah uses allows her to consciously use her hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health and healing. Intuitive energy medicine is the best way to describe Deborah's approach. The therapy is a holistic, complementary, and integrative system that involves the practitioner's use of contact and/or non-contact touch and light tapping at the head and the heart complex. Balancing these energy fields can assist the body, mind and spirit in moving towards and maintaining wellness.

Deborah incorporates the BodyTalk System and the Accunect System as the basis for her holistic therapy sessions, and she also includes integrate manual therapies for structural integration. The entire approach of working with your unique needs has the remarkable ability to reduce stress and bring balance to our lives. By combining all modalities that she has learned with the integrative approach of the BodyTalk and Accunect Systems, she is able to effectively facilitate the restoration of balance and harmony to your mind, body, and spirit (your spirit is the essence of who you are; your core personality).

## Renaissance Integrative Therapy Consent Form (Continued)

### Description of a Session

During a balancing session (which can vary in length averaging forty-five to sixty minutes), I will use muscle checking (typically the client's arm or myself) to test my intuition in order to establish communication and balance to the next area in your body and mind that is ready to be restored to wholeness, and identify the therapeutic technique that is appropriate for your needs. I will gently place my hands on or above your fully clothed body noting any sensations or imbalances to assess your energy field. The session will include light tapping on your head and heart complex and touching of energy points on your body with my hands. There is a high likelihood that you will experience a relaxation response during the session. People have many different responses. Some clients feel nothing at all, while others describe sensations of moving energy, deep relaxation, feelings of being supported and nurtured, or visions of images and colors. Some clients experience an emotional release such as tears, some experience increased joy, and some may develop insight into specific areas of their lives. Clients typically report experiencing a relaxation response and often report an increased sense of well-being and peace. You may have positive experiences that can help you better cope with illnesses, medical protocols for treatment of medical conditions and depression, but I can make no specific claims regarding the results you may experience from a session. A feedback discussion will follow the session.

I, \_\_\_\_\_, (print name) understand that this and any future sessions provided by Deborah Mazanek, Certified BodyTalk Practitioner, Accunect Practitioner and Physical Therapist, are intended to enhance relaxation, decrease stressors on the body, and to increase communication within areas of the bodymind complex. Techniques utilized include: The BodyTalk System, The Accunect System, Manual Therapy, and Therapeutic Exercises. I understand that the session is not a substitute for medical treatment, medications, and/or psychological or psychiatric advice. I am aware that the Practitioner does not diagnose illness or disease, nor does the Practitioner prescribe medications.

I understand that participation in the session is voluntary and that at any time I may choose to end my participation. The session involves light tapping on the head and the heart complex and touching of energy points on the body. The Practitioner will inform me where tapping and/or touching by the Practitioner and/or myself will occur, thus allowing for my ongoing consent. I understand that information exchanged during any session is educational in nature and to be used at my own discretion. I also understand that any information imparted during these sessions is confidential and will not be released without my prior written consent, except as required by law.

I understand that by providing this informed consent, I am assuming full responsibility for my session(s) and I hold harmless the Practitioner, Renaissance Integrative Therapy, and facility/location where the session is provided. If I have any questions or concerns, I will address these promptly with the Practitioner. I hereby authorize Deborah Mazanek to provide me with this session and future sessions. .

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Signature

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Date