**Informed Consent**

Kate Monson B.S., HTP, RMP | Peace Lily Wellness LLC

Kate Monson, my Healing Touch and Reiki practitioner has discussed the following with me and I understand that:

* Healing Touch/Reiki is light gentle touch on or near the body. I will be fully clothed or draped appropriately and will lie comfortably upon a massage table or reclined chair. Gentle touch assists in balancing my physical, mental, emotional, and spiritual well-being, supporting my natural ability to self-heal.
* Research suggest that there are many possible benefits in receiving Healing Touch/Reiki, including reducing stress, calming anxiety, decreasing pain, creating a sense of well-being, strengthening the immune system, enhancing recovery from surgery, deepening spiritual connection, and more. Individual experiences will vary.
* Healing Touch and Reiki support standard medical care and are not intended to replace appropriate medical intervention or therapy.
* My practitioner recommends that I be under the care of a qualified medical provider for any health problems and that I inform them that I am receiving Healing Touch/Reiki.
* My Healing Touch/Reiki practitioner will operate within their scope of practice. ( This varies according to their health care licensure.)
* My Healing Touch/Reiki practitioner will conduct her practice according to accepted standards and ethics as approved by Healing Beyond Borders.
* My Healing Touch/Reiki practitioner has made no specific claims regarding results that I may receive from sessions.
* I understand that I am encouraged to provide feedback at any time to my Healing Touch/Reiki practitioner regarding my comfort in order to adjust or complete the session.
* I have been given an opportunity to clarify any questions I may have about Healing Touch/Reiki.

**I give my consent to receive Healing Touch/Reiki.**

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 Printed Name Date

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