



BodyPsychCentral

Informed Consent

Brennan Healing Science and Core Energetics are designed to support you on your journey of physical, emotional, mental and spiritual wellbeing. Each therapy has unique features you need to be aware of including (but not limited to):

A Brennan Healing Science session may involve physical touch (while fully clothed and with your permission), enabling altered states of consciousness and may access emotional material.

A Core Energetics Session may include discussing subjects of an emotional and psychologically sensitive nature, physical movement, breath work and exercises designed to access deep feeling states and altered states of consciousness. Please let me know prior to starting any exercise if you have any injuries or limitations on that day. I will do my best to work within the scope of any physical limitation. You do not have to do any exercise if you don't want to and you are free to stop an exercise you have started at any point in time.

Brennan Healing Science and Core Energetics are complimentary therapies and are not designed to replace standard methods of medical or psychiatric care for serious physical or psychological illnesses.

Except in the case of gross negligence or malpractice, I or my representative(s) agree to fully release and hold harmless Jessica Nygren from and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with my session(s).

Signature _____ Date _____

Confidentiality

All information will be kept strictly confidential and will not be released to anyone without your written authorization, unless required by law (i.e. if you are an immediate physical threat to yourself or someone else.)

Please note: *Exceptions may include consultations with other professionals to clarify my approach and provide you with the best possible services - in these instances, only relevant material is shared and adequate measures are taken to protect your identity.*

Payment Policy

If for any reason you need to reschedule your appointment please call at least 24 hours before our session. I have a 48 hour cancellation policy, this means no-shows are charged at 50% of the sessional fee if cancellation occurs within a 48 hour period.

I _____ declare that I have read and understood the above.

Signature _____ Date _____