

# **INFORMED CONSENT AND COUNSELLING/COACHING/EFT AGREEMENT**

**PLEASE READ THIS DOCUMENT CAREFULLY AND IF YOU HAVE ANY QUESTIONS PLEASE ASK.  
IF YOU NEED TO CONSULT SOMEONE ELSE BEFORE SIGNING THIS DOCUMENT PLEASE FEEL FREE TO DO SO.**

Counselling, EFT (Emotional Freedom Techniques) and Coaching are processes managed and controlled by you. You can terminate the process at any point in time. If you have scheduled appointments then you must cancel these as per the cancellation policy. If you have positive or negative feedback we would appreciate hearing from you so we can ensure our service is as relevant as possible to our clients. The Counsellor/coach/therapist has the right to cancel the service provided at any time. This would be rare and normally would only occur as part of a referral process to a service more relevant to your needs.

## **EFT AND COUNSELLING/COACHING**

Emotional Freedom Techniques, or EFT (often known as Tapping or Meridian Tapping) is an energy medicine technique that can provide impressive results for physical, emotional, mental and performance issues. EFT operates on the premise that no matter what part of your life needs improvement, there are unresolved emotional issues in the way. EFT can relieve and resolve physical symptoms without needing to explore any emotional contributors however the more unresolved emotional issues you can clear, the more peace and emotional freedom you will experience in your life. The Inner Shine Clinic uses EFT during coaching sessions to assist you to resolve emotional blocks enabling you to feel supported to achieve your goals.

\* EFT and other services provided by The Inner Shine Clinic do not replace medical treatments

## **CONFIDENTIALITY AND PRIVACY**

Your counsellor/coach/EFT Practitioner is required to keep all of your personal information private; it shall not be shared with anyone without your prior consent. The only exceptions to confidentiality are:

- If you provide written consent for your counsellor/coach/EFT Practitioner to disclose personal information
- When disclosure is required for the protection of a child
- When there is a legal requirement to disclose. For example a Court Order
- To prevent clear and imminent danger to yourself or others
- Your records will be kept for a minimum of 5 years in a secure and safe location and will then be destroyed in a manner that protects your privacy.

## **DUTY OF CARE**

The Inner Shine Clinic has ethical responsibilities and legal obligations to the children and families with whom they work and is subject to organisational requirements regarding reporting a child in need of protection. The Inner Shine Clinic has an ethical obligation to protect and promote the rights and wellbeing of children. If the clinic has reasonable cause to believe that a child has suffered or is currently suffering abuse or neglect, they will contact either the Department of Child Safety or the Police. Wherever possible the clinic will make every effort to fully discuss this with you before taking any action.

## **DISCLAIMER**

The services and holistic, evidence-based interventions provided at The Inner Shine Clinic do not replace medical treatments. By engaging in a session with our practitioners and by using the techniques provided by our clinic, you must agree to take full responsibility for your own well-being or that of your child's. Whilst there are no known side effects to EFT Tapping, this does not mean you will not experience side effects. You agree to never hold The Inner Shine Clinic or its practitioners liable for any side effects or results of the treatment. We do not specialise in providing emergency or crisis management. If you are in a crisis please call Lifeline on 13 11 14 or contact your local hospital or community mental health centre.

Client signature: \_\_\_\_\_

Date: \_\_\_\_\_