

## **Informed Consent and Liability Waiver for Distance Healing Sessions**

I understand that all energy healing techniques utilized by Kristian Googe and Vitality Wellness by Kris, LLC (“Vitality Wellness”) are provided for stress reduction, relaxation, relief from muscular tension, and improvement of circulation and energy flow. These techniques support the body’s natural ability to heal by promoting harmony and balance within. Detailed descriptions of all services offered are available at [www.yourpathtovitality.com](http://www.yourpathtovitality.com)

If I experience pain or discomfort during the session, I will immediately inform my therapist so the session can be adjusted to my level of comfort. I will not hold my therapist responsible for any pain or discomfort I experience during or after the session.

I understand that my therapist is not a doctor, and any services offered during sessions are not a substitute for medical care. My therapist is not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat physical or mental illness. No claims are made as to healing or recovery from any illness I may have now, nor the prevention of any illness I may have in the future. No guarantee is made towards validity. Any suggestions made regarding supplementation or reinforcement of any kind should not be considered as prescriptions. I may follow these suggestions at my own risk, with the recommendation that I seek the advice of my primary doctor to ensure there are no contraindications.

I affirm that I have notified my therapist of all known medical conditions and injuries. I agree to inform my therapist of any changes in my health and medical condition. I understand that there shall be no liability on the therapist's part should I fail to do so.

I understand that my client information and records are treated in a confidential manner, compliant with HIPAA. I have the right to discontinue services, change consent, or leave at any time.

While most energy healing methods are gentle, there may be risks. In approximately 20% of sessions, “processing” may occur as the energy body adjusts to any shifts. Temporary symptoms may include irritability, fatigue, or sleep disturbances. This “processing” appears to be a normal part of regaining energetic balance and typically lasts no more than 48 hours. Staying hydrated may ease these symptoms.

Except in the case of gross negligence or malpractice, I and my representatives agree to fully release and hold harmless Kristian Googe and Vitality Wellness for and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with my sessions.