

TOUCH REMEDIES
Emotional Freedom Techniques Intake Form

Date: _____ Date of Birth (Day/Month/Year): ____/____/ ____

Name: _____

Telephone: _____ Relationship Status: _____

Email: _____ Add to email newsletter? Yes/No

Profession: _____ Location/Time Zone: _____

How did you hear about me? _____

Children? Ages? _____

What are your principal concern(s) or challenge(s) right now that you would like to work with me for?

What would you most like to achieve out of our work together?

What have you done to help this/these concerns/challenges that has worked?

What have you done to help this/these concerns/challenges that has NOT worked?

Are you being treated by any other professionals (health care or otherwise?)

Is there anything else you would like me to know before our session?

EFT is not counseling or psychological therapy, and I am not a licensed health care professional. I do not diagnose or treat any medical or mental health conditions. If I am not qualified to help you with an issue you bring up, I may recommend you seek alternate treatment.

What to expect from our session - During the sessions I will ask questions and have you talk about aspects of events, but EFT is not a talk therapy. My job is to keep you focused, find events to work on that align with your goals, and **get you tapping** so you can achieve your goal. For this reason, ***I may interrupt you*** or have you pause during a story or an explanation. It's not personal and it's not meant to be rude - I want to use our time together to your best benefit and tapping will accomplish that faster than talking. Each session lasts 50-60 minutes, starting from your appointment time. Our first session will consist of an introduction to EFT (if required) in addition to tapping. I will also teach you how to tap on your own, because EFT is even more effective when you're using it regularly.

If there is something you don't want to talk about out loud, there are techniques we can use. Please let me know if you are uncomfortable at any point.

To prepare for our session: Please ensure you have privacy and will not be interrupted during your session. Also I recommend that you have tissues close by and water available to stay hydrated.

We will be meeting on Zoom, which is an online video conferencing app. I'll send you an invitation with a link and it is below as well. Make sure you have it downloaded on our computer or phone before your session so we can start on time.

Zoom: Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/6514016131>
Meeting ID: 651 401 6131. Password: 123456

Fees - Payment is due before each session. I require a minimum of 24-hours notice for any cancellations or changes or I will still charge for the appointment (unless you have an emergency.)

What to expect after a session- Tap on the easier issues on your own, as well as when a situation arises that is stressful. You can save the tougher, more complex, stubborn issues for your sessions with me. A round of EFT generally consists of tapping on the side of the hand, followed by tapping on a series of points on your head and upper torso while talking about specific events and emotions. Generally, it takes several sessions (at least 3) to heal a long-term or complex issue, because it usually involves more than one aspect. Some issues can be resolved in one session.

Contact - Please contact me by email at dawn@touchremedies.com or by text at +1-651-401-6131.

By typing your name here, you are signing this agreement electronically.

I have read this document and am in agreement with its contents.

Name:

Date:

GDPR Compliance Notification: Your contact information will be saved by Dawn Bennett under the company name Touch Remedies. Your email, if you choose, will only be used to send you updates, gifts and information regarding my activities and events. If you ever want to unsubscribe, just click the button at the bottom of the emails.

Your contact information will not be passed onto any third party-EVER. My payment system through Paypal is GDPR compliant which secures your data.