

**TOUCH REMEDIES**  
**Client Discovery Form**

Date: \_\_\_\_\_ Date of Birth (Day/Month/Year): \_\_\_\_/\_\_\_\_/ \_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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?

The work I do with my clients is varied and customized to each individual's needs. I pull in a variety of techniques including, but not limited to: Emotional Freedom Techniques, Psych-K®, CranioSacral, Matrix Reimprinting, Coaching, Meditation, Flower Essence Therapy, Homeopathy, and other Alternative and Complementary methods. I do not practice any 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 care.

**What to expect from our session** - During Emotional Freedom Techniques (EFT) sessions I will ask questions and have you talk about aspects of life situations and 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 after the first introductory 90-minute session lasts up to 50 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 speaking anything aloud at any point. I also use different techniques than the one I will teach you for extremely stressful events or those that feel traumatic to you. My job is to help you move through the emotions in a way that keeps you calm and focused.

**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.

**Appointment Setting:** 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. I travel often doing speaking engagements, retreats, and classes, so will sometimes be facilitating your appointments and sessions from my vehicle. I do this to ensure we have complete privacy and cannot be interrupted.

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

**Fees, cancellations, and appointment change** - 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. If you are not online within 15-minutes of the start of the session time and have not notified me via phone or text, I will assume you will not make it at all, and you will forfeit the appointment.

I also value your time. Rarely, due to travel, technology and cellular service presents an unexpected challenge. If I need to cancel an appointment or reschedule within the 24-hour time frame I will offer you a complimentary session in addition to your current package.

**What to expect after a session-** We will talk about homework after each 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 to heal a long-term or complex issue, because it usually involves more than one aspect. Many people choose to continue meeting after the initial packages to keep accountable with goals, get assistance with deeper issues, and receive support in the areas that are more stuck. We will have a conversation about your long-term goals and how using EFT (tapping) can support and empower you in your day-to-day life.

**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.

**Client Bill of Rights  
Minnesota Statute 146A.11**

***Subdivision 1.***

**Dawn Bennett, LMT, NCTMB, CST, NCTMB, NLP, TLT, CHt, Certified Hypnotherapist, NLP Results Coach, Accredited Certified EFT Practitioner, Relationship & Intimacy Coach, and Bodyworker** has been working actively with massage and bodywork clients since 1997, homeopathic clients since 2007, and EFT clients since 2018. She is a member of a variety of professional organizations in each area that ensure she is compliant with current professional standards of ethics, continuing education, and client care.

Dawn has been a Nationally Certified massage therapist since graduating from the Utah College of Massage Therapy in December of 1997. She does a variety of massage and bodywork including deep tissue, visceral manipulation (abdominal massage), and sports massage. She has taken Visceral Manipulation through the Barral Institute, CranioSacral, and SomatoEmotional Release classes through the Upledger Institute. She completed the first two levels of Healing Touch training and the first level of Reiki. She also became a Repetitive Behavior Cellular Regression Practitioner in 2013. In 2015 she also became a PSYCH-K Facilitator. She is also a Certified Presenter through the Upledger Institute. She is an Accredited EFT Practitioner through EFT International and added a coaching certification to specialize in relationships and intimacy.. She is also a #1 best-selling author.

In 2022 Dawn completed her board certifications for Hypnotherapy, Timeline Therapy, and NeuroLinguistic Programming through the Bolen Health Institute. She has taken a variety of classes on trauma so can work with clients in a trauma-informed way.

In addition, Dawn worked for over ten years as an instructor teaching massage and complementary healing courses at Minnesota State College, Southeast Technical in Red Wing. Dawn completed her bachelor's degree in Business and Complementary Medicine in 2009 from Metro State University in Minneapolis in. Furthermore, she graduated from the Northwestern Academy of Classical Homeopathy in 2009.

Dawn utilizes her wide variety of tools to help people of all ages who suffer from a variety of physical and emotional discomforts. Finally, she travels throughout the United States speaking about complementary medicine and empowering people with options for their own health and healing.

Note from Dawn: Energy healing methods including massage & bodywork, EFT, hypnosis, timeline therapy, NLP, homeopathy, and PSYCH-K are not the practice of medicine. While I have extensive experience as a healing arts practitioner, I am not a physician, psychologist, psychotherapist, or other licensed health care provider, nor are my services licensed by the State of Minnesota. I do hold bodywork licensing in California and Wisconsin. When using energy healing techniques you understand I am not “diagnosing” or “treating” the physical body which is the domain of the medical field and other allied health care professionals. Instead I work exclusively with energy patterns. The techniques I use are designed to assist the client in achieving balance and relaxation, thereby supporting the body’s natural ability to heal. You understand there is a distinction between “healing” using energy medicine and the practice of medicine of any other licensed health care practitioner. 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 will recommend you seek alternate treatment.

II. THE STATE OF MINNESOTA HAS NOT ADOPTED ANY EDUCATIONAL AND TRAINING STANDARDS FOR UNLICENSED COMPLEMENTARY AND ALTERNATIVE HEALTH CARE PRACTITIONERS. THIS STATEMENT OF CREDENTIALS IS FOR INFORMATION PURPOSES ONLY.

**Under Minnesota law, an unlicensed complementary and alternative health care practitioner may not provide a medical diagnosis or recommend discontinuance of medically prescribed treatments. If a client desires a diagnosis from a licensed physician, chiropractor, or acupuncture practitioner,**

**or services from a physician, chiropractor, nurse, osteopath, physical therapist, dietitian, nutritionist, acupuncture practitioner, athletic trainer, or any other type of health care provider, the client may seek such services at any time.**

IV/V. As a client, you have the right to file a complaint. In writing, submit your complaint to the office at 316 Bush Street, Red Wing MN. Please address your complaint to Customer Service.

VI. FEES FOR SERVICES (as of September, 2022. Subject to change) **(after tax where applicable)**

Virtual Programs are sold individually and vary in price and length.

**Please note that due to demand, I charge 100% of the appointment fee for appointments cancelled or moved within 24 hours and all missed visits. Please talk to me if you have any concerns.**

Fees are payable at the time of service. We do not accept Medicare, Medical Assistance, or General Assistance Medical Care. However, some services and remedies are eligible for Health Savings Account reimbursement. 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.

VII. Clients do have a right to reasonable notice of changes in service or charges, and we will provide prior notice of any changes.

VIII. Clients will receive courteous treatment, and will be free from verbal, physical, or sexual abuse by the practitioner.

IX-XVII. Your records and other information about you are confidential. This information will not be released, unless you authorize a release in writing, or unless the release is required by law. Clients have a right to all information kept by Touch Remedies in accordance with section 144.335. The client has a right to choose freely from any type of practitioner in the area, and is free to change practitioners after services have begun. If you are interested in other available services in the community, you may wish to consult the Minnesota Homeopathic Association at 651-220-0920.

XIV-XV. You have the right to refuse services or treatment, unless otherwise provided by law. Clients may assert their rights without retaliation. Clients may refuse services or treatment at any time.

***Subdivision 2.***

**Acknowledgment by client.**

I have received the complementary and alternative health care client bill of rights. I have read and fully understand it. If I have any questions, I will contact the office for clarification.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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