

Reiki informed consent

Cindy Price - Energy Healer & Reiki Master | Individual in-person Reiki sessions

Client name / name you use

Preferred contact information and safe way to contact you

1. What the session involves

Reiki is a complementary wellness practice. You remain fully clothed, resting on a table or seated. Cindy may hold her hands above you or use light, still touch only where you agree. Reiki does not involve massage or manipulation. No one will touch your breasts, genital or anal areas. Work near sensitive areas will be hands-off, at least 0.6 metres (two feet) away.

2. Purpose, limits and alternatives

The intention is to offer space for rest and self-connection. Experiences differ; there is no guaranteed result or cure. Reiki is not medical treatment, diagnosis, counselling or psychotherapy. Cindy will not prescribe or recommend changing medication or other professional care. Continue appropriate healthcare and discuss health concerns with a qualified provider. You may choose a hands-off session, another service, or no session.

3. Your choice and comfort

You can refuse any part, change your touch preferences, ask questions, take a break or end the session at any time. Silence, stillness or a previous signature does not mean permission for new touch. Cindy will check with you before changing the agreed approach. No spiritual belief or personal disclosure is required.

You may feel relaxed, notice sensations or emotions, or notice little. Lying still, touch or focused attention may feel uncomfortable or bring up distress. Tell Cindy if this happens; you can sit up, change position or stop. New or concerning symptoms should be assessed by an appropriate healthcare provider, rather than assumed to be an effect of Reiki.

4. Privacy and separate services

Your information and session notes are kept confidential and stored securely. Disclosure requires your written permission, except when required by law or necessary to prevent imminent harm. Ask how records are stored, who can access them and how long they are kept. Reiki records are separate from Pauline O'Brien's psychotherapy services; signing this form does not authorize sharing between practitioners.

Your preferences & agreement

Complete together before the session. Revisit consent and preferences at each visit.

5. Touch preferences - choose one

- ☐ Hands-off only: no physical contact.
- ☐ Light touch only in the areas we agree below; ask before any new area.
- ☐ I would like to discuss the options before deciding. Do not start yet.

Agreed touch areas / areas to avoid (complete if light touch is selected)

Comfort or access needs: position, mobility, sensory needs, language, support person

My preferred way to request a pause or stop (words, gesture or other signal)

6. Fees and practical arrangements

Session fees and duration are as advertised at the time of booking. Payment is due after each session by credit card or e-transfer. Any applicable taxes and the total fee will be confirmed before the session.

Cancellation, missed appointment and package/refund terms explained and agreed

7. Consent

I have reviewed this form, had time to ask questions and received answers I understand. My preferences and the fee arrangements above have been discussed. I freely consent to the Reiki session as agreed. I can change my mind during any session. This form does not waive my rights or release the practitioner from responsibility.

Client signature (sign by hand or use your chosen PDF signing tool)

Date (YYYY-MM-DD)

Cindy Price - practitioner signature / date

Practitioner: confirm understanding and voluntary consent before proceeding. Resolve any uncertainty or uncompleted touch choice first. Give the client a copy.