

## **CLIENT AGREEMENT AND DISCLOSURE STATEMENT**

Welcome and thank you for your interest in engaging Energy Pathways, Inc. to provide the services of Kathryn Regganie, either in person or via distance by telephone, Skype, or another electronic platform, whichever is applicable. Energy Pathways, Inc. is providing you with the following information so you can make an informed choice about your decision to engage Energy Pathways, Inc. to provide the services of Kathryn Regganie. Please read this information carefully and let Kathryn Regganie know if there is any part you do not understand.

### **1. Services Offered**

In her practice, Kathryn Regganie works with clients in a number of areas, including energy balancing for health and well-being and overall life improvement through coaching strategies. Her goal is to assist clients in achieving balance in mind, body, and spirit by using energy balancing techniques and to transform their perspectives through coaching strategies. The energy balancing techniques Kathryn Regganie uses primarily in her practice are **CranioSacral Therapy**, **Reiki**, and **Essential Oils** which are considered part of the emerging field of energy medicine (collectively the “Energy Techniques”). Kathryn Regganie may also, depending on the client’s comfort level, offer additional energy-oriented techniques, if she feels that they would be helpful. Please be advised you have the option of using individually or collectively any of the Energy Techniques as part of your work with Kathryn Regganie.

### **2. Energy Techniques/Theoretical Approach**

Energy Techniques is a shared term used to refer to a variety of energy healing techniques, processes, and methods based on the use and modification of energy fields. The Energy Techniques are designed to assess where the body’s energies are congested or blocked or not in balance and then correct and balance the flow of these energies; thereby aligning the body’s energies to promote health and vitality. The prevailing premise of the Energy Techniques is that the flow and balance of the body’s electromagnetic and more subtle energies are important for physical, emotional, mental, and spiritual health, and for fostering well-being. For more information about the specific Energy Techniques Kathryn Regganie offers in her practice, please review the **Client Information & Office Policies** document which is attached hereto and made part of this Client Agreement & Disclosure Statement. Although the Energy Techniques appear to have promising emotional, mental, spiritual, and physical health benefits, they have yet to be fully researched by the Western academic, medical, and psychological communities. Therefore, the Energy Techniques are considered experimental and the extent of their effectiveness, as well as their risks and benefits, are not fully known. The Energy Techniques are self-regulated and no state in the United States licenses practitioners of the Energy Techniques and considers them to be *alternative or complementary* healing methods. If you ever have questions or concerns about the nature of the theories and methods Kathryn Regganie uses, please feel free to ask her for further resources or references

### **3. Nature of the Energy Balancing Services Provided**

**While Kathryn Regganie is a Licensed Massage Therapist in the states of Florida and South Carolina and has extensive experience as a practitioner of the Energy Techniques, she is not a physician, psychologist, or psychotherapist.** Therefore, the services you receive from Kathryn Regganie are not to be construed as medical diagnosis or treatment or psychotherapy or psychological counseling. As a Licensed Massage Therapist and Energy Balancing Practitioner, she offers her services to clients with the intention to assist them in restoring balance and energetic flow in the body; thereby, creating the opportunity for the mind/body to heal naturally. You understand there is a distinction between “healing” using the Energy Techniques and the practice of medicine or psychotherapy.

#### **4. Other Important Information re: Energy Techniques**

Please be advised the services Kathryn Regganie offers and the use of the Energy Techniques are not intended to be a substitute for the diagnosis and/or treatment of medical conditions or psychological disorders and they do not replace the services of health care professionals. You agree and understand it is your responsibility to consult with your health care provider for any specific health care problems. Further, you understand Kathryn Regganie may suggest you contact your professional health care provider if she believes it's advisable. In addition, you understand that any information shared during your sessions is not to be considered a recommendation that you stop seeing any of your health care professionals or using prescribed medication, if any, without consulting with your health care professional, even if after working with Kathryn Regganie it appears and indicates that such medication or treatment is unnecessary

#### **5. Use of Healing Touch – In-Person Sessions**

Both Reiki and CranioSacral Therapy incorporate the use of the human hand as the tool for moving and harmonizing the body's energies and fields. An in-office session that incorporates Reiki or CranioSacral Therapy can be either hands-on where Kathryn Regganie applies a light touch or hands-off where she holds her hands slightly above the body. Clients rest comfortably fully clothed either on a massage table or in a comfortable chair. Kathryn Regganie will explain to you what she is doing and why, and will ask your permission before touching your body. The theory behind such touching is it can assist her and you in shifting imbalances in your energies. If you have any reservations, misgivings, or any negative reactions to any physical contact, please let Kathryn Regganie know so she can discuss with you your concerns.

#### **6. Outcome Expectations – Risks and Benefits**

Participation in sessions can result in a number of benefits to you, including improvement and/or resolution of the specific concerns that led you to seek help. Most clients report positive outcomes after a session that incorporates the Energy Techniques, often feeling peaceful and deeply relaxed, but neither you nor Kathryn Regganie know how you will personally respond. Therefore, it's not possible to guarantee any specific results regarding your goals. However, Kathryn Regganie will work with you to achieve the best possible results.

While the Energy Techniques are considered gentle and non-invasive, it's possible to experience some physical discomfort or emotional distress that can be perceived as negative. Sometimes people have experienced dizziness, nausea, tiredness, or nervousness as occasional side-effects from energy work. Also it's possible to experience some emotional or physical discomfort related to stressful or traumatic experiences you may have had earlier in your life. Unresolved memories may also surface and emotional material may continue to surface after a session and give indication of other issues or incidents that may need to be addressed. You agree to promptly inform Kathryn Regganie if you experience any emotional distress and/or physical discomfort during your work with her, particularly between your sessions. If appropriate, Kathryn Regganie can help refer you to an appropriate licensed health care provider for further assistance.

#### **Acknowledgment & Consent to Receive Services**

By signing this document, you agree that Kathryn Regganie has disclosed to you sufficient information to enable you to decide to engage or not engage Energy Pathways, Inc. to provide her services. You have considered all of the above information and the attached Client Information & Office Policies document, and have obtained whatever information or professional advice you deem necessary to make an informed decision. You understand that your consent to the nature of your session(s) is given voluntarily, without coercion, and may be withdrawn at any time in the future. You represent that you are competent and able to understand the nature and consequences of the proposed session(s) and agree to be personally responsible for the fees related thereto.

You have discussed with Kathryn Regganie the nature of the services to be provided and you understand she is offering her services solely as a Licensed Massage Therapist, Energy Balancing Practitioner and Coach and your relationship with her is not to be construed as medical treatment, psychotherapy, or psychological counseling nor are her services a substitute for these services.

You understand the Energy Techniques are relatively new healing approaches and the extent of their effectiveness, as well as its risks and benefits, are not fully known. Therefore, you agree to assume and accept full responsibility for any and all risks associated with using the Energy Techniques. Further, you agree and understand that this Agreement is intended to be a complete unconditional release of liability and assumption of risk to the greatest extent permitted by law.

Any and all matters in dispute between the parties to this Agreement, whether arising from or relating to this Agreement itself, or arising from alleged extra-contractual facts prior to, during, or subsequent to this Agreement, including, without limitation, fraud, misrepresentation, negligence or any other alleged tort or violation of the contract, shall be governed by, construed, and enforced in accordance with the laws of the State of South Carolina, without regard to conflicts of law doctrines and regardless of the legal theory upon which such matter is asserted. This Agreement shall be binding upon you and your heirs and legal representatives.

By signing in the space provided below, you knowingly, voluntarily, and intelligently assume these risks and you and your representative(s) agree to forever fully release, indemnify, hold harmless and defend Energy Pathways, Inc., its owners, officers, directors, employees, representatives, independent contractors, agents, consultants, volunteers, and others associated with Energy Pathways, Inc. from and against any and all claims or liability, of whatsoever kind or nature, which you, or your representatives, may have for any loss, damage, or injury, including without limitation, physical, emotional, mental, financial, or personal, arising out of or in connection with your session(s).

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

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

I am the parent or legal guardian of the above-named minor, and I consent to and join in the foregoing Agreement on behalf of said minor.

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

Print Name: \_\_\_\_\_  
Parent/Legal Guardian

***If you are submitting this Client Agreement & Disclosure Statement electronically, typing your name in the space provided above will be considered your signature and constitute your acceptance and agreement of this Client Agreement & Disclosure Statement. This Client Agreement & Disclosure Statement becomes effective as of the date signed above.***

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# Energy Pathways, Inc.

Kathryn Regganie

Licensed Massage Therapist, Energy Balancing Practitioner, Coach

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## CLIENT INFORMATION & OFFICE POLICIES Attachment to CLIENT AGREEMENT & DISCLOSURE STATEMENT

### 1. Energy Techniques

#### Reiki

The word Reiki comes from the Japanese word (Rei) which means “universal” and (Ki) which means “vital life force energy”. Reiki is not affiliated with any particular religion or religious practice and it is not massage. It is described as a subtle and effective form of energy work believed to work not only on the physical level of the body but also the mental, emotional, and spiritual. Reiki uses guided life force energy to help reduce stress and balance the energy system. Reiki incorporates the use of the human hand as the tool for moving and harmonizing the body’s energies and fields. An in-office session that incorporates Reiki can be either hands-on where Kathryn Regganie applies a light touch or hands-off where she holds her hands slightly above the body. Clients rest comfortably fully clothed either on a massage table or in a comfortable chair. Reiki can also be given at a distance.

#### CranioSacral Therapy

CranioSacral Therapy is a holistic healing practice that uses very light touch to balance the CranioSacral system in the body, which includes the bones, nerves, fluids, and the connective tissues of the cranium and spinal area. It is performed on a massage table with the client is fully clothes and focuses on supporting the health of the whole person, especially the nervous system.

#### Essential Oils

Essential Oils are aimed at improving a person's health or mood. It is believed that the use of Essential Oils stimulates the part of the brain connected to smell - the olfactory system; a signal is sent to the limbic system of the brain that controls emotions and retrieves learned memories. This causes chemicals to be released which can make the person feel relaxed, calm, or even stimulated.

### 2. Education & Training

- Licensed Massage Therapist 9/19: SC License#: 11943; FL License #: MA 94198
- CranioSacral Diplomate Certification – Upledger Institute 4/18
- Eden Energy Medicine Foundations Year 1 4/17, 7/17, 10,17, 1/18
- CranioSacral Techniques Certification – Upledger Institute 3/13  
(CS1 12/2010, CS2 6/2011, SER 1 1/2012, SER 2 6/12, ADV 9/13, CSLAP 8/15, TBS 6/16)
- Energy Psychology Level 1 9/14, Level 2 11/14
- Courageous Leadership Coaching – 5/14
- CARE Intensive – The Center for Aromatherapy Research and Education 2/2012
- Axiatoanal Practitioner – 6/2010
- Light Body Activation - 2010
- Reiki Master Teacher – 10/2009 (*practicing since 4/2008*)

### **3. Confidentiality**

Kathryn Regganie honors the confidentiality of her clients. She does not disclose to anyone the client's confidences or records, if any, including the client's name or identity or identifying information without the client's prior written permission, except: (A) if and to the extent authorized by the client; (B) when disclosure is required to prevent clear and imminent danger to the client or others; and (C) as required by law. ***Further, please be advised that if any communication regarding your session is conducted over the phone (voice or text), by email, or via Skype, or other electronic communications, it is not possible to guarantee the confidentiality of the information contained in any such electronic communications.***

### **4. Sale of Essential Oils**

Kathryn Regganie may include the recommendation of Essential Oils as part of your session(s). As a service to you, Energy Pathways, Inc. makes available Essential Oils. You understand that Energy Pathways, Inc. has applied a usual and customary markup on these products and that Energy Pathways, Inc. has a financial interest in this markup. You are under no obligation to purchase any Essential Oils from Energy Pathways, Inc. and the quality of the services you are offered will not be affected if you choose to either purchase Essential Oils elsewhere or not to follow the recommendations that you use certain Essential Oils.

### **5. Sessions**

All sessions are 60 or 90 minutes in length, unless prior arrangements have been made. In-person sessions take place on a massage table while you are fully clothed. Distance or virtual sessions take place via Skype or other agreed upon system. For an in-office or distance session, it is best to rest afterward to allow time for integration of the session.

### **6. Professional Fees**

Energy/CranioSacral Sessions:

60 Minute: \$100 (\$540 package of 6)

90 Minute: \$150 (\$840 package of 6)

Coaching packages:

Rediscover Yourself: A Healing Journey to Find Your Passion, Purpose & Joy (60 minute): \$99

Coaching Packages Available starting from \$2997 – contact Kathryn for more details

### **7. Payment**

Full payment is due at the time of service, before your session begins. You may make payment by cash (exact amount), check (made payable to Energy Pathways, Inc.) or credit/debit card. There will be a return check fee of \$25. Kathryn Regganie services are not covered under insurance and Energy Pathways, Inc. does not bill through insurance, therefore, her work is on a fee-for-service basis. Please notify Kathryn Regganie right away if a problem arises regarding your ability to pay for services.

### **8. Cancellations**

Please note that scheduling of appointments involves the reservation of a time specifically for you, therefore, a full-session fee is charged for missed appointments or cancellations with less than a 24-hour notice, unless due to illness or an emergency.