

EFT/MTT INFORMED CONSENT AND DISCLAIMER

Emotional Freedom Technique (EFT) aka Meridian Tapping Technique (MTT) or simply "Tapping," is a technique referred to as a type of energy therapy. To date, Tapping has yielded remarkable results for relieving emotional and physical distress. Tapping appears to have promising mental, spiritual, and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. The prevailing premise is that Tapping uses the ancient Chinese meridian system to relieve emotional stress and physiological pain and it balances the energy system with a gentle tapping procedure which stimulates designated meridian end points on the face and body.

By reading this you understand that Tapping could be considered experimental and I, Christina Duffy, do not know how you will personally respond to Tapping and whether Tapping will help you with a particular problem.

Due to the experimental nature of Tapping, and because it is a relatively new healing approach and the extent of its effectiveness, as well as its risks and benefits are not full known, you agree to assume and accept full responsibility for any and all risks associated with using and receiving Tapping as a result of receiving instruction on tapping techniques as well as receiving it from me. You understand that it is your choice to use and receive Tapping from me is of your own free will and not subject to any outside pressure.

You further understand that if you choose to use or receive Tapping, it is possible that emotional or physical sensations or additional unresolved memories may surface, which could be perceived as negative side effects. Emotional material may continue to surface after using Tapping, indicating other issues may need to be addressed. Previously vivid or traumatic memories may fade which could adversely impact my ability to provide detailed legal testimony regarding a traumatic incident.

Tapping cannot be used to diagnose, treat, cure, or prevent any disease or psychological disorder. Tapping is not a substitute for medical or psychological treatment. Consequently, using Tapping on yourself or receiving Tapping from me does not replace health care from medical or psychological professionals. You agree to consult with your health care provider for any specific medical or psychological problems. In addition, you understand that by receiving Tapping from me or using Tapping on yourself, it is not to be considered a recommendation that you stop seeing any of your health care professionals or stop using prescribed medication, if any, without consulting with your health care professional-- even if using Tapping appears and indicates that such medication or therapy is unnecessary.

Any stories or testimonials presented to you from me do not constitute a warranty, guarantee, or prediction regarding the outcome of an individual using Tapping for any particular issue. I strongly advise that you seek professional advice as appropriate before implementing Tapping and before making any health decision.

By receiving Tapping from me, you knowingly, voluntarily, and intelligently assume these risks, including any adverse outcome that might result from using Tapping, and agree to release, indemnify, hold harmless and defend myself, Christina Duffy, from and against any and all claims which you, or your representatives, may have for any loss, damage, or injury of any kind or nature arising out of or in connection with receiving or learning Tapping from me or using Tapping on yourself. If any court of law rules that any part of this Disclaimer is invalid, the Disclaimer stands as if those parts were struck out.

Signature: _____ Date: _____

Name: _____
(Last) (First) (Middle Initial)

Signature: _____ Date: _____

Name: _____
(Last) (First) (Middle Initial)