



Basic Information about Energy Medicine

Energy medicine is a complementary health care approach that involves balancing and restoring your body's natural energy messaging systems. Just as the body uses chemicals to communicate, it also uses energy, in the form of electrical and electromagnetic signals. In addition, the body's functioning is supported and fueled by subtle energies that have been mapped out within various ancient healing traditions, such as Chinese and Ayurvedic Medicine. More recent mappings have been detailed by Donna Eden, in her landmark book, ***Energy Medicine***.

The goal of this work is to support your body's own capacity for healing; to teach you energy-related self-care techniques; to help you increase your vitality and physical and spiritual well-being, and to optimize your health.

Although Energy Medicine uses the term "medicine," this does not imply that Energy Medicine practitioners are practicing allopathic (Western) medicine. Energy Medicine is a term increasingly used by many healing modalities that teach people how to assess and correct for energy imbalances in the body. Acupuncture, Acupressure, Yoga, and Reiki can all be considered forms of Energy Medicine. Though they are all very different from each other, they each focus on balancing energies for enhanced health.

Energy Medicine is considered a COMPLEMENTARY health care practice; except for acupuncture, most forms of Energy Medicine are *not* at present considered a legal substitute for the diagnosis and/or treatment of medical or mental health conditions. If you have a disorder that needs to be evaluated or has been diagnosed by a licensed medical or mental health professional, my Energy Medicine services should be used only in conjunction with your obtaining that care.

Unlike Western Medicine practitioners, Energy Medicine practitioners do not focus on diagnosis or treatment of disorders. Instead, the focus within Energy Medicine is both on addressing imbalance and reinforcing and supporting the body's strengths – EEM can help you strengthen your body's core communications and functioning, via both self-care exercises and therapeutic energy-work methods. This in turn can greatly support your body's innate healing capacity.

The form of Energy Medicine I practice is rooted in diverse healing traditions and in long-term practice: I am certified as an Eden Energy Medicine Advanced Practitioner (EEM-AP) and an associate practitioner of ortho-bionomy. In addition, I have studies in Reiki, EFT, herbology and flower essences and have taught energy work to individuals and in classes at the Juilliard School and the Manhattan School of Music.

Although I am an Eden Energy Medicine practitioner and am often asked to help clients piece together the puzzle of their various symptoms and the advice they have received from diverse practitioners, my role is focused on helping you to think through your options and understand your situation. It is **your responsibility** to follow up with appropriate lab tests, visits to specialists, and other information-gathering or treatment options that are licensed by the state where you live.

Radiant Muse, LLC In-take Form – please print legibly!

NAME _____

Phone number _____ cell _____

Email _____

Name and contact information for family member or physician in case of emergency:

Are there any medical or psychological conditions I need to know about? (cancer or chemo treatments; pregnancy; auto-immune disease; bipolar diagnosis; etc.)

What medications are you currently taking and for what conditions? (Use back of page if necessary).

Please initial and sign below:

1. _____ I have read the description of Energy Medicine and understand the benefits and limits of this healing modality.
2. _____ If I am seeking to use Energy Medicine to address specific health problems, I agree to take responsibility to also screen potentially serious medical conditions with a licensed Medical Practitioner (MD, ND, DC, Doctor of Acupuncture, DO, etc.).
3. _____ I understand that Energy Medicine is not massage; any touch is used for the purpose of communicating with and moving energies.
4. _____ I understand that most energy medicine CAN be done without physical touch if I so choose. I agree to let the practitioner know when and how comfortable I am with the specific uses of touch that arise in the course of our work together.
5. _____ I understand that although Energy Medicine is extremely non-invasive, the body's protections sometimes react to energy interventions. In the event I experience any kind of uncomfortable reaction to an Energy Medicine session, I agree to communicate promptly with Donna or with another responsible practitioner to address what has occurred. (Often the reaction can be calmed, understood, or resolved via a short follow-up phone conversation or email exchange.)

Signed: _____ Date: _____

Thank you for scheduling a session.

To best serve you it is helpful if you consider the following questions and send me an email at least the day before you come.

What would you like to work on?

How would your life be different if you did not have this problem?

What do you know about it?

Have you seen a doctor? Chiropractor? Physical Therapist?
Counselor? Other?

When did it begin?

New? Has been an issue in your past?
Sometimes a life timeline is helpful....

What have you done that has helped?

Yoga? Tai Chi? Meditation? Exercise? Supplements? Rx?

What have you done that has not helped?

Are you willing to do homework, specific movements, to reinforce the work we do?