

# Sylvie Marcil

ENERGETICS • COACHING • ÉNERGÉTIQUE

SYLVIEMARCIL.CA



## CLIENT INFORMED CONSENT

Thank you for choosing me as your energy medicine practitioner. This document contains important information about the type of energy medicine I practice and what you can expect during a session. Please read it carefully and note any questions you might have so we can review them together.

--- Sylvie Marcil, B.Sc., MAC, ACC, EEM-CP

### MY BACKGROUND AND TRAINING

I have been a student of energy modalities for decades and have learned a few—yoga, yoga therapy (YYT200), Thai yoga massage, Matrix Energetics, Reiki, neurolinguistic programming (NLP) and Eden Energy Medicine, of which I am a certified practitioner.

I am also a professional coach accredited by the ICF (international Coach Federation), trained in psychometric tools (SuccessFinder & Myers-Briggs Type indicator), and licensed by Coaching Out of the Box. Coaching is a big part of my approach to determining client energetic needs and what resonates for them.

In terms of academic training, I hold a Bachelor of Science and a master's in art Conservation.

## ENERGY MEDICINE

### What is energy medicine?

Energy Medicine is an approach that involves balancing and restoring your body's natural energies for the purposes of increasing your vitality, strengthening your mental capacities, and optimizing your health. The form of energy medicine I most use to identify and address energy imbalances was developed by Donna Eden and is described in her book, *Energy Medicine*. For more information, visit <https://edenenergymedicine.com>.

### Energy Medicine is not the practice of medicine

Energy Medicine is a term used by many training programs that teach people how to assess and correct for energy imbalances in the body. I do not diagnose medical or mental health disorders, nor am I trained or licensed to do so. Energy medicine attempts to optimize the body's overall health and vitality, but it is not to be used instead of appropriate care from a licensed professional. Whenever possible energy medicine complements traditional medicine.

## OUR WORK TOGETHER

You can expect me to approach my work with you in a professional manner, to honor scheduled appointment times, and to treat any information I learn about you as confidential.

During our sessions I will use energy medicine techniques and procedures designed to enhance and balance the flow of your body's natural energies to regain a state of balance and harmony. Generally, these techniques will consist of various forms of light or deeper touch and the movement of my hands within your body's energy field. If you are uncomfortable with being touched or with any of the procedures being used, please tell me immediately and I will stop right away.

While the methods I will be using are gentle and considered non-invasive, it is possible that physical or emotional after-effects may occur once your energies have been stimulated and adjusted. If any procedure is uncomfortable or leads to discomfort, please tell me at once. I will stop instantly if you request me to do so and can often provide a technique to counter the discomfort. In general, those symptoms will abate on their own. They are just a sign that the energy is shifting.

### Other aspects of our relationship

**Questions.** Please ask me questions about anything that happens in our work together. I'm always willing to discuss how and why I'm doing what I'm doing.

**Touch.** Many of the methods I will use are likely to involve touch. Touching or holding points can assist us in identifying and shifting imbalances in your energies. You will always remain fully clothed, except for your shoes. I will always explain ahead of time where I will touch, and you can let me know if you are comfortable with it or not. And I will always honor any requests not to touch.

**Complaints.** If you are unhappy with our work together, I hope you will talk about it with me so I can respond to your concerns directly. I will take such concerns seriously and respond to them with care and respect.

**Cancellations.** Generally, cancellations must be received no later than 48 hours before meeting. Half of the session fee will be charged if that is not the case. In extenuating circumstances these fees will be waved. If you are not sure, let's discuss.

Your signature below indicates that you have read the information in this document, understand it fully, and have discussed any questions or matters of concern with me.

---

Print Name

---

Date

---

Signature