

**FULLY PRESENT**

**528 Essex Rd, Suite 206**

**Williston, VT 05495**

**(802) 238-8953**

**www.fullypresentwithyou.com**

⑤ **Contraindications: I do not work directly on the body with sound on anyone who is pregnant, has a pacemaker or is undergoing chemotherapy or radiation treatments.**

**FOR: Singing Bowl Bodywork and/or Meditation Session**

Intake Form & Waiver

Part A: to be filled out by client

Name \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

Email address \_\_\_\_\_

Telephone #'s \_\_\_\_\_

Referred by \_\_\_\_\_ Today's Date \_\_\_\_\_

I understand that Fully Present is not qualified to give medical advice or diagnosis. I understand that a Sound Session is not a substitute for professional care. Because everyone is different, a physician must diagnose individual conditions and supervise all health problems. I understand that I am urged to seek out the best medical resources available to help me make informed decisions.

Fully Present is a member of the Hands On Trade Association (HOTA) and adheres to their Code of Ethics outlined below. I have read and understand the Code of Ethics for HOTA members.

By providing my email address above, I agree to be contacted via email by Fully Present.

Signature of client \_\_\_\_\_

Part B: To be filled out by practitioner

Observations:

Questions:

Feedback:

## **CODE OF ETHICS (taken directly from their site, [www.handsontrade.com](http://www.handsontrade.com) ):**

### *Hands-On Trade Association Members Agree to:*

- ⑤ Make a difference in this world by providing positive and valuable hands-on services.
- ⑤ Strive as an individual to keep my body and mental state healthy so I can provide the highest quality professional service to my clients.
- ⑤ Respect each client with no judgment or discrimination in a private and confidential manner.
- ⑤ Abide by the licensing laws in which I practice my profession.
- ⑤ Continue to grow as a professional practitioner by taking new classes for education whenever possible and/or as required by law.

### **What to expect after a Sound session:**

Most people who receive sound sessions report feeling clearer, calmer, more relaxed, and more self-aware. However, everyone is different and every person has a unique experience. Some other experiences that people have reported:

- Profound exhaustion and tiredness, needing to sleep or lay low for a day or more: generally happens with people who have been 'running on empty'.
- Extreme emotionalism, or being very aware of formerly masked or buried emotions- crying a lot, or being very angry
- Headaches and/or dizziness
- In very rare instances: skin rashes, mucus, fevers

Generally, these symptoms are detoxification and pass with a day or two, but if a condition persists, it is important to see the therapist again, sooner than later. Sometimes people can get 'stuck' in the unwinding process and need an additional boost to complete the release.

If you have any questions or concerns at all, please feel free to discuss these with your provider.

**Hydrotherapy:**

Hydrotherapy in and out is optimum after a sound therapy session. Drinking plenty of pure water and herbal teas after a session is necessary, and soaking in a mineral salt bath for 20 minutes minimum supports the body in detoxifying or releasing any chemical components of blockages released from the energy field.

It is also beneficial to be well hydrated before a session due to the sound-conductive properties of water.

**Homework:**

Becoming more well-balanced usually requires a change in perception and/or action of some kind or another. Simply becoming more aware of our habitual subconscious behaviors, becoming aware of ourselves from the place of 'the witness,' broadens the trajectory of possibility. We begin to gain more freedom in choosing healthy and self-supporting behaviors. Often you will be asked to simply notice one aspect of your habitual subconscious non-beneficial behavior.