

Client Consent for Services Provided by Raven Healing Center, LLC

Services Offered

Raven Healing Center, LLC offers the following services, either in person or remotely, in the support of healing and personal transformation.

- **Personal Growth Workshops** – Learn how to heal and release your subconscious blocks so you can fully embody your authentic self and create the life you were meant to live.
- **ThetaHealing® / Emotional Freedom Technique (EFT/Tapping)** – Transform your life in multiple ways. Here are just a few examples:
 - Clear what's blocking you from achieving your dream
 - Increase your self-confidence and feelings of worthiness
 - Heal grief over the loss of a loved one, a job, a relationship
 - Diffuse fear, trauma, stress, anxiety, PTSD
 - Get unstuck in any area of your life
 - Improve your finances
 - Overcome addictions
 - Release excess weight
 - Heal your relationships
 - Attract the love of your life
 - Grow your business
- **Animal Communication** – Communicate with your beloved animal companions and learn what they are feeling and thinking.
- **Intuitive Readings** – Gain insights into your situation to see things more clearly.
- **Mediumship** – Connect with your human and animal loved ones who have crossed over.

What is the ThetaHealing® Technique?

The ThetaHealing® Technique was created by Vianna Stibal in 1995 during her own personal journey back to health. She began teaching the ThetaHealing® Technique around 2006 after perfecting the technique on herself.

The ThetaHealing® Technique is a meditation technique utilizing a spiritual philosophy with the purpose of improving mind, body, and spirit to create a positive lifestyle. It works directly with the Highest Consciousness of the Universe (e.g., the Creator of All That Is, God, Divine Love, etc.). It is not based on any religion, only on the belief that a Higher Consciousness exists. Using the Theta brainwave and the principles of quantum physics, the practitioner connects with Highest Consciousness to initiate and witness the healing and transformation of negative subconscious programming.

How we experience the world correlates to what we choose to believe about the world and about the situations we face as we navigate it. To change our experience, we must change our belief system. The challenge is that we process predominantly from our subconscious mind, and thus limiting beliefs buried in our subconscious can drive our experiences without us knowing. We also carry beliefs in cell memory and in DNA programming that were passed down to us through our ancestral line. Using the ThetaHealing® Technique, these limiting beliefs can be identified and changed to more empowering beliefs, allowing for a transformed experience.

What is the Emotional Freedom Technique?

The Emotional Freedom Technique (EFT), also known as Tapping, was founded by Gary Craig and builds on psychologist Dr. Roger Callahan's work in Thought Field Therapy (TFT).

EFT is built on the premise that physical, emotional, and mental pain are the result of disruptions in the body's energetic meridian system. For example, experiencing a traumatic or unpleasant situation can send a shock wave through the energetic system where it can get stuck, manifesting as physical, emotional, and/or mental discomfort. EFT works by stimulating acupressure points on the meridians through light tapping or pressing... while simultaneously consciously focusing on the unpleasant issue. This causes a relaxing signal to be sent to the amygdala, the part of the brain that processes the 'fight, flight, freeze' response, which results in a relaxation feeling being associated with the issue, thus releasing the energetic blockage. By acknowledging how we feel while we tap, we stop suppressing our feelings and instead move through them. Being able to be aware of an unpleasant thought or experience while feeling calm and relaxed means that thought or experience no longer has control over us.

EFT can also be applied to our belief system by tapping out limiting beliefs and tapping in more empowering beliefs. Upgrading our belief system in this manner improves our outlook on life and enables us to navigate our life feeling calm and in control.

How to prepare for a session...

Sessions are conducted via phone or Zoom (video not required). You will be provided connection instructions prior to your appointment.

Ensure you have a quiet space for your session where you will not be interrupted or distracted. Have water and tissues on hand. Do not drive or operate machinery during your session as energy work may make you lightheaded and/or tired. It is recommended that you be at your destination for the day at the time of your appointment so that you may rest as needed after your session.

You are encouraged to prepare a list of the topics or issues that you would like to address. If you wish to speak with loved ones in the spirit world during your session, you are encouraged to mentally invite them to participate in your upcoming session in advance of your appointment.

What to expect during a session...

Session duration varies depending on what package or option you purchased. A session may be comprised of multiple services and those services do not need to be determined in advance. We can use whichever services best fit the situation at the time and/or provide the fastest and most effective results. No service requires the practitioner to touch the client.

Following is the general format of a session. Every session is different and tailored to you and what you want to work on in that session. No two sessions are ever alike.

- You share what topics or issues you would like to work on
- We set the intention and create a sacred space
- We begin your transformational journey
- Throughout the session you are encouraged to share thoughts and ask questions
- We end the session with an integration and blessing

It is not unusual for your body to experience a physical release during a session such as yawning or burping. This is a sign that your body is integrating the work and resetting itself, like rebooting your computer after installing new software.

What to expect after a session...

Common emotional experiences following a session include feeling lighthearted, peaceful, calm, grounded, empowered, and in a place of acceptance.

During your session, energy blockages will have been released. As a result, it is common to feel tired, lightheaded, and/or foggy afterwards as your energy realigns and rebalances itself. Drinking plenty of water will help flush the toxins released during your session. If you cleared deeply embedded traumas or blockages, it could take a few days for you to fully integrate the energy work that occurred during your session. You may find you need to sleep more the first few days following a session. Be gentle with yourself during this time and get plenty of rest.

In the days, weeks, months that follow your session, additional unresolved memories and/or feelings may surface. This is common and is an excellent sign of your transformation. It does “not” mean that the energy work you did during your session did not work or wore off. It means that, now that you peeled away and released the top layers, other issues and traumas that were buried even deeper in your subconscious under those top layers are now rising to the surface so they can be released too. As the saying goes, you must see the dirt to clean it. Because we process predominantly from our subconscious mind, being able to bring anything deeply buried in the subconscious to the surface for healing and clearing is the foundation of lasting transformation.

As our energy shifts and integrates following a session, so too does the body, because the body is the manifestation of what is in our energy field. Thus, after your healing session, you should monitor your physical and emotional well-being, especially if you are on medication, and see your health care provider if you notice any changes. Your health care provider may, for example, want to adjust your medication.

Education/Training, Credentials, Experience

Raven has been clairvoyant and intuitive since birth and has been studying and practicing multiple modalities of healing/energy work since 2001. She has 30+ years of experience in the corporate world as a computer programmer, identity and access management engineer, trainer, technical leader, manager, and coach. She leverages skills refined in her corporate roles in her practice, including attention to detail, focus on achieving quality results as expeditiously as possible, and ability to explain things simply and in an organized manner, all while providing compassionate and empathetic support. She uses ThetaHealing® and EFT in session work because of the speed and effectiveness with which these modalities have worked for her on her own journey.

Raven founded **Raven Healing Center, LLC** in 2013. She is an [Advanced ThetaHealing® Practitioner](#), a [Certified EFT Professional](#), and a member of the **Association of EFT Professionals (AEFTP)**. She is also a member of, and insured through, the **Energy Medicine Professional Association**.



Confidentiality

Records are kept confidential and are shared only with the client's express permission and/or as required by state/federal law or to report threat of serious harm to self or others. Session content may be used anonymously for educational purposes such as during workshops/presentations or in books.

Client Rights

The client is encouraged to actively participate in and guide the direction of the session and to notify the practitioner at any time if he/she becomes uncomfortable physically or emotionally.

The client may discontinue services at any time. In cases where a package has been purchased, the specific agreements of that package supersede. In the event of extenuating circumstances, release of such packages will be at the sole discretion of **Raven Healing Center, LLC**.

Payment and Cancellation Policy

Payment is due at the start of the session or according to payment schedule if applicable. If a package has been purchased, the agreement of that package supersedes. Payments must be current to receive services.

24-hours' notice is requested for cancellation. Repeated cancellations, rescheduling, and/or no-shows may result in termination of services at the sole discretion of Raven Healing Center, LLC.

Under extenuating circumstances, **Raven Healing Center, LLC** may need to cancel or reschedule your appointment. Please accept our sincerest apologies for any inconvenience this may cause.

Disclaimer

Raven Healing Center, LLC and its representatives are not licensed physicians or medical professionals and are not trained or licensed to provide medical treatment, diagnose medical illness or conditions, handle medical emergencies, make recommendations involving surgery, or recommend or prescribe medications.

Raven Healing Center, LLC and its representatives are not licensed psychiatrists, psychologists, social workers, or mental health professionals and are not trained or licensed to provide psychotherapy treatment or any type of mental health counseling, diagnose mental illness or conditions, or recommend or prescribe medications.

No service offered by **Raven Healing Center, LLC** and its representatives is a substitute for medical or mental health treatment or medication. The ThetaHealing® Technique and EFT are intended to supplement conventional medicine and traditional health care, not replace them. Should the client need medical or mental treatment, the client will seek out the appropriate healthcare professional.

No medical or mental health treatment or medication should be altered or discontinued without consulting the applicable medical and/or mental health professional.

Medical and mental health conditions and medications should be monitored by the applicable licensed health care professional when undergoing any type of energy work.

Messages and information shared during a session are intended to empower and support the client. The client is responsible for what he or she does with this information and is encouraged to ignore that which does not resonate. Futuristic visions are not guaranteed and only reflect possibilities. The client understands that he/she has the power to effect outcomes.

Mediumship services are offered only in support of comfort and healing. No guarantee is made that loved ones in the spirit world will participate in a session.

Acknowledgement

1. I am fully and personally responsible for my own safety and actions before, during and after my participation.
2. With full knowledge of the risks involved, I hereby release, waive, and discharge Raven Healing Center, LLC, its board, officers, managers, independent contractors, members, affiliates, employees, representatives, successors, and assigns from any and all liabilities, claims, demands, actions, and causes of action whatsoever, directly or indirectly, including but not limited to those arising out of or related to any loss, damage, injury, or death, that may be sustained by me related to the services offered by Raven Healing Center, LLC.

By signing below I acknowledge that I have read the foregoing Liability Release Waiver and understand its contents; that I am at least eighteen (18) years old and fully competent to give my consent; that I have been sufficiently informed of the risks involved and give my voluntary consent in signing this Liability Release Waiver as my own free act and deed with full intention to be bound by the same, and free from any inducement or representation.

I understand that by signing this consent I acknowledge that I have read the content of this consent, all my questions have been answered to my satisfaction, and I fully consent to the services offered by Raven Healing Center, LLC.

Name (Please Print): _____

Signature: _____ Date: _____

For children under the age of 18, consent must be signed by a parent or legal guardian.

Parent / Legal Guardian Signature: _____ Date: _____

Communication

I wish to receive communication about upcoming events and special offers (circle one):

YES NO

If YES, please provide email (Please Print): _____

Thank you for your trust in supporting you on your transformational journey!

Raven Healing Center, LLC

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