



The Healing Meadow

Reiki Informed Consent

Reiki acts as a “vibrational adaptogen” to promote harmony and balance and thus, improve body function. Reiki stimulates the natural restorative processes of the body to improve health, reduce stress, and help control pain and discomfort.

Reiki can increase the effectiveness of treatments and medications prescribed by physicians. It is the responsibility of clients to keep the Reiki practitioner informed of any current medications, treatments and on-going changes in medical conditions. Reiki practitioners do not diagnose, prescribe, perform medical treatments, nor interfere with treatments of licensed medical professionals.

Due to the nature of Reiki, emotions can surface during a session. Your Reiki practitioner supports and allows proper expression of your emotions, in no way is this intended to be considered as medical or mental health sessions or counseling. The Reiki practitioner is not acting in a role of a mental health counselor. I understand very clearly that a Reiki session is not a substitute for medical or psychological diagnosis or treatment, but can be used to enhance and integrate various healing modalities. The purpose of a Reiki session is for relaxation, to reduce stress, strengthen the immune system and aid in the body’s healing process.

Although the practitioner’s touch is intended to be safe, healing, and empowering to the client, certain types of touch during a session may trigger uncomfortable feelings. The client is always in control and may stop the session at any time. I understand that I do not have to disrobe. I also understand that the therapist will be touching certain areas of my body (except for genitals and breasts) to assess the channel Reiki for the purpose of improving health and balance.

I understand that Reiki sessions alone do not promise any long term results nor do they claim to cure my health challenges. I also understand that even though Reiki can enhance my wellness, Reiki is not a quick fix, especially for chronic situation that take a long time to develop; however, the cumulative effects of Reiki are beneficial and can also be lost if Reiki therapy is not utilized on a regular basis once therapy begins. I also understand that for chronic challenges, four consecutive days is recommended to begin therapy and then followed by regular sessions.

The Reiki practitioner does not discuss any client information with anyone without the client’s permission. The client confidentiality is protected in all professional charting and only information pertaining to the session is charted. Client records are required to be released under court order. If the Reiki practitioner is an Ordained Minister, spiritual guidance may be offered.

I have read and fully understand the above information.

Date: _____ Name of Client: _____
Signature