Local, National & Global
TRANSFORMED HEARTS
Counseling Center

SPLANKNA DISCLOSURE FORM

Thank you for your interest in working with me as a client. I am providing you with the following information, so you can make an informed decision to engage my services. Please read this information carefully and let me know if there is any part you do not understand.

THEORETICAL APPROACH

My method of performance work, coaching/support work, is called Splankna Therapy. It is a biblically-based protocol for energy psychology. "Energy Psychology" utilizes the same system in the body that acupuncture and chiropractic are based on to resolve unbalanced emotions that are stored in the body. "Energy Techniques" is a collective term used to refer to a variety of methods based on the use, modification, and manipulation of energy fields that look at imbalances within the person's energy system as well as the energetic influence of thoughts, beliefs, and emotions on the body. The prevailing premise of the Energy Techniques is that the flow and balance of the body's electromagnetic and more subtle energies are important for optimal physical, spiritual, and emotional functioning. Splankna Therapy is designed to help discover the origin of an emotional issue with the goal of rapidly desensitizing the emotional stress connected to a past event. Splankna Therapy incorporates elements from several newly-emerging, energy-based psychotherapy, coaching, and self-help techniques, specifically (NET) Neuro-Emotional Technique, Thought Field Therapy, (EMDR) Eye Movement Desensitization and Reprocessing, and (EFT) Emotional Freedom Technique. Prayer is intertwined throughout the protocol with a deep emphasis on trusting the lead of the Holy Spirit. Basic biblical principles are also incorporated such as confession, repentance and forgiveness.

Although Energy Techniques like Splankna Therapy appear to have promising emotional, spiritual, and physical health benefits, they have yet to be fully researched by the Western academic, medical, and psychological communities and, therefore, may be considered experimental. The Energy Techniques are self-regulated, and they are considered alternative or complementary to the healing arts that are licensed in the State of Colorado. Because Energy Techniques are relatively new healing approaches, the extent of their effectiveness, as well as their risks and benefits, are not fully known. If you ever have questions or concerns about the nature of the theories, methods, approaches and/or techniques I use, please feel free to ask me for further resources or references.

OUTCOME EXPECTATIONS/RISKS & BENEFITS/TREATMENT PLAN

Please note that it is impossible to guarantee any specific results regarding your goals using any of the approaches I offer in my practice, and I cannot know how you will personally respond to any of the approaches. However, we will work together to achieve the best possible results for you. Our work together requires your active involvement, honesty, and openness in order to change your thoughts, feelings and/or behavior. You will have to work both in and out of our sessions. I will ask for your feedback and views on our work and its progress and will expect you to respond openly and honestly. As with any intervention, there are risks associated with Energy Psychology. Risks might include remembering, talking about, or experiencing unpleasant events which results in uncomfortable levels of feelings like sadness, guilt, anxiety, anger, frustration, worry, etc., or experiencing anxiety, depression or insomnia, etc., or having difficulties with other people. Being confronted with your difficulties can be very challenging. Some changes may lead to what seems to be worsening circumstances or even losses. For example, performance work cannot necessarily keep a marriage intact.

[OVER…]

In addition, if you choose to engage Splankna Therapy, emotional or physical sensations or additional unresolved memories may surface which could be perceived as negative side effects. You may experience some temporary emotional distress and physical discomfort related to prior life experiences.

If we are to work together, we will need to specify methods, risks and benefits of treatments, the approximate time commitment involved, costs and other aspects of your particular situation. We will discuss a plan that seems most appropriate to help you reach your goals. However, regardless of our work together, you agree to take full responsibility for your self-care in the emotional, mental, physical, and spiritual dimensions of your life.

USE OF TOUCH

You understand the application of Splankna Therapy includes light touch on the back of the wrist. Touch can be a potential problem in a support relationship if you feel it is inappropriate. If you have any misgivings, doubts, or any negative reactions to any physical contact, it is very important that you let me know as soon as possible so that we can discuss your concerns. You understand you have a choice about these techniques that involve touch.

EDUCATION & TRAINING

2014 – Trained in Level I Splankna Therapy, Denver Colorado, Splankna Practitioner
2016 – Trained in Level II Splankna Therapy, Denver Colorado, Splankna Practitioner

ACKNOWLEDGMENT & CONSENT TO RECEIVE SERVICES

By signing this document and any attachments hereto, you agree that I have disclosed sufficient information to enable you to decide to undergo or forgo any of the approaches and other services I offer. You understand that your consent to the nature of our sessions is given voluntarily, without coercion, and may be withdrawn at any time in the future. Further you understand that Splankna Therapy is a relatively new healing approach, and the extent of its risks and benefits are not fully known. You agree to assume and accept full responsibility for all risks associated with using Splankna Therapy. You represent that you're competent and able to understand the nature and consequences of our proposed sessions and agree to be personally responsible for the fees related thereto. You have read and understand the above disclosure about the services offered by me and my training and education, and you have discussed with me the nature of the services to be provided, and except in the case of gross negligence or malpractice, agree to release, indemnify, hold harmless and defend *Transformed Hearts Counseling Center Inc*., its owners, managing partner, members, employees, representatives, and consultants from and against any and all claims or liability, of whatsoever kind or nature, which you, or your representatives, may have for any loss, damage, or injury, including without limitation, physical, emotional, mental, financial, or personal, arising out of or in connection with your sessions.

By signing below, I agree to all the terms listed above.

_____	_____
Client's Printed Name	Client's (or Responsible Party's) Signature Date
_____	_____
Partner's Printed Name	Partner's Signature Date
_____	
Therapist Signature Date	