

Conscious Dying Coach/Sacred Doula Passage Contract

My Status and Scope of Practice:

I am Kathleen Gill, RN and I am a certified Healing Touch Practitioner and Conscious Dying Coach/Sacred Passage Doula. Healing Touch is a gentle, complementary, energy-based approach to healing that can assist the client to their natural ability to heal in mind, body, and spirit. CD Coaching involves a comprehensive and detailed reflective documentation of your Vision Plan in all 5 domains of living. Sacred Doula Passage involves companionship of a client through their end-of-life journey to assure peace and comfort and dignity. The supportive sessions are tailored to the needs of the client and family and can be in person or online. I do not diagnose or treat disease and I am not a physician. These sessions are not a substitute for diagnosis or treatment from a qualified health practitioner for illnesses, injuries, or other medical conditions. My HT energy services, and CDC/SPD services are not licensed by the state of New Jersey. I am a NJ licensed and certified Holistic Nurse. The Healing Touch Code of Ethics and Standards of Care and Conscious Dying Institute Code of Ethics guide my practice.

Basic Definition of Healing Touch:

Healing Touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental, and spiritual health and healing. Healing Touch is a holistic, complementary, and integrative energy-based therapy that is accomplished through the practitioner's use of contact and/or non-contact touch and a heart-centered state of being. The healing traditions of many cultures emphasize the importance of subtle energy systems that flow through and around the human body, affecting its health and vitality. Many of these traditions stress that balancing these energy fields can assist the body, mind, and spirit in moving toward calm and balance.

Basic Definition of Conscious Dying Coach:

By using the *Best Three Months: End of Life Visioning, Care and Planning Guide* the client can better identify and receive what's most important before they die. The experience focuses on creating a healing environment filled with tailored beauty, comfort, and support for both families and clients. The co-created B3M planning guide for all 5 life domains can facilitate a clients most treasured desires *while preparing for or imagining* end of life.

Basic Definition of Sacred Passage Doula:

The Sacred Passage Doula provides non-medical comforting care choices such as guided imagery, essential oils, healing touch energy work, holding, soothing vocalization, matching the breath and compassionate presence and vigilance or rituals for the actively dying client. This companionship can offer better control over the dying process, help assure a pain free experience, engage the client with religion or spirituality, assure dignity in the dying process, assure quality of life during the dying process, and help assure good relationships with healthcare providers.

Both the coach and doula roles understand the difference between curative and healing care and both roles remain committed to creating a caring healing culture at the end of the clients life and are committed to restoring death to its sacred place by understanding the beauty, mystery and celebration of every life.

Description of a Session

During a HT session (which can vary in length averaging thirty to sixty minutes), I will gently place my hands on or above the person's fully clothed body noting any sensations or imbalances to assess the energy field. I then choose a Healing Touch technique that is appropriate for their needs. This may include light physical touch or sweeping hand motion above the body. There is a high likelihood that the client will experience the relaxation response during their session. A feedback discussion will follow. People have many different responses to Healing Touch. Some clients feel nothing at all. Others describe sensations of moving energy, deep relaxation, feelings of being supported and nurtured, or visions of images and colors. Some patients experience an emotional release such as tears; some have what they consider to be a spiritual experience, or they may develop insight into specific areas of their lives.

CDC coaching involves answering reflective questions in the 5 domains of life and then discussing in five planned, two-hour long sessions, where you are now in this domain and where you would like to be in 3 more months. Realistic goals and resources are then written and delivered in a dynamic Vision Plan.

SPD work involves companionship with the client and family in the active stage of dying with non-medical modalities to assure dignity, presence, and grace during the passage.

Benefits of Healing Touch

Recent research studies suggest that Healing Touch is effective for physical and mental relaxation, pain management, anxiety, and stress reduction, and increasing one's sense of vitality. Clients of Healing Touch typically report

experiencing the relaxation response and often report an increased sense of wellbeing and peace. Many have reported positive experiences that have helped them better cope with illnesses, medical protocols for treatment of medical conditions and depression but I can make no specific claims regarding the results you may experience from a Healing Touch session. Clients may request a list or summary of the numerous research studies done on Healing Touch since the early 1990s.

Healing Touch is a noninvasive energetic technique; still being researched by traditional science, and currently has no known detrimental side effects.

My Energy/Educational, Training and Experience:

I am a certified Healing Touch Practitioner (CHTP) through Healing Beyond Borders, completed the R Jane Buckle Clinical Aromatherapy course and a registered nurse also certified in Holistic Nursing (HNB-BC). I am certified as a Holistic Stress Management Instructor (H.S.M.I.) through the Paramount Wellness Institute taught by Dr Brian Luke Seaward in Boulder, Colorado. Additionally, I completed the Conscious Dying Institute certification course as both a Conscious Dying Coach and Sacred Passage Doula.

Payment:

Reimbursement for services is on a sliding scale for some clients. Others will be agreed upon on a not to exceed limit. The average hourly rate is \$75/hour. Only cash or checks are acceptable. Receipts for service are available. A deposit will be requested at the beginning of conscious dying coaching.

Confidentiality/Client Rights:

Your experiences during our sessions are confidential, and you have a right to view your files upon written request. Confidentiality is subject to the following exceptions:

1. You may instruct me to release information to other health care practitioners in writing.
2. I may release information if subpoenaed or otherwise legally obligated or reasonably allowed to do so (Including circumstances where there is clear and imminent danger to yourself or another person).
3. Your confidential personal file is kept in a secure location and is retained for

4 years after you suspend services after which time all information will be destroyed in a proper manner.

4. Your confidentiality is always subject to the usual exclusions dictated by state and federal laws and regulations.

ACKNOWLEDGEMENT, CONSENT, CLIENT PRIVACY RIGHTS

I have read and understand the above disclosure regarding the services offered by Kathleen Gill, RN. We have discussed the nature of the services to be provided including information that Healing Touch is a holistic complementary and integrative energy-based therapy that is accomplished through the use of contact and/or non-contact touch. I understand that she is not a licensed physician and that her coaching/doula services are not licensed by the State of New Jersey. I understand it is my responsibility to maintain a relationship for myself with a medical doctor if I so desire. I further understand that the above named is not trained to diagnose illness, make recommendations involving pharmaceutical drugs or surgery, or handle medical emergencies.

I have read and understand the above disclosure regarding privacy policies and confidentiality, and that experiences during these sessions are confidential, but subject to the usual exceptions governed by laws of the State of New Jersey and other federal laws and regulations.

I have been informed that my Healing Touch Practitioner/Coach/Doula will neither diagnose nor prescribe for any condition that I might have nor does she make an specific claims regarding results from the Healing Touch sessions that I receive.

My questions have been answered to my satisfaction regarding my Healing Touch provider's background, a Healing Touch session, Conscious Dying Coaching and Sacred Passage Doula and what I might expect from these sessions.

I fully consent to use the services offered by Kathleen Gill, RN by signing below:

Signed: _____

Date: _____

Print Name:

Address: _____

Ocean Healing Touch, LLC