

HEALING TOUCH CONSENT FORM

2025

My Status and Scope of Practice: I am Kathleen Gill, RN, a Healing Touch Practitioner and Holistic Stress Management Instructor, Sacred Passage Doula and End of Life Coach. HT is a gentle, complementary, energy-based approach to health and healing that can assist in bringing a body to its natural ability to heal. 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 Healing Touch, Stress Management and Sacred Passage services are not licensed by the state of New Jersey. the Healing Touch Code of Ethics and Standards of Care and Nurse Practice Act 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 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 are based on balancing the energy fields to assist the body, mind, and spirit in moving towards and maintaining balance/wellness.

Description of a Session During a HT session (which can vary in length averaging thirty to sixty minutes), and after the client sets intention, the practitioner will gently place hands on or above the person's fully clothed body noting any sensations or imbalances to assess the energy field. Then chooses a Healing Touch technique that is appropriate. This may include light physical touch or sweeping hand motion above the body. A feedback discussion will follow. Some clients describe sensations of moving energy, deep relaxation, feelings of being supported and nurtured, or visions of images and colors. Some experience an emotional release such as tears; some have described what they consider to be a spiritual experience, or they may develop insight into specific areas of their lives.

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 or medical protocols for treatment of medical conditions. 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 have been certified as a Healing Touch Practitioner through both Healing Touch Program and Healing Beyond Borders and am also board 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. I earned a certificate as both an End-of-Life Coach and Sacred Passage Doula through the Conscious Dying Institute.

Confidentiality/Client Rights: All 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 using contact and/or non-contact touch. I understand that she is not a licensed physician and that her 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 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, and what I might expect from this session.

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

Signed: _____

Date: _____

Print Name:

Address: _____