

(Self/Ser)

Embodied Relational Healing Consent Waiver

I understand that Embodied Relational Healing sessions include the following complementary healing modalities: Reiki, yoga therapy, and herbal consultation.

I recognize that these modalities are not a substitute for medical care or psychotherapy. I also understand that Nathalie Rodríguez may make suggestions for self-care practices and appropriate medical or mental health referrals as indicated. I am aware that Embodied Relational Healing sessions are distinct from psychotherapy sessions. I recognize that folk herbal remedies are not reviewed by the FDA or intended to cure or treat any medical conditions.

I acknowledge that open communication is required between Nathalie and I to ensure that I can understand, receive, and benefit from the healing interventions provided during sessions.

I agree to keep Nathalie informed of any medical conditions that I am navigating now and in the future. I agree to keep Nathalie informed of any medications or treatments I am receiving from other providers.

I further understand that there are numerous benefits possible through Embodied Relational Healing sessions such as increased relaxation, emotional and spiritual support, increased clarity, and an enhanced sense of well-being. I recognize that these benefits may vary from client to client. Although there are no known harmful effects from the interventions included in Embodied Relational Healing sessions, I hold Nathalie Rodríguez harmless from any possible effects that may cause temporary physical or emotional discomfort and agree to take full responsibility for my self-care and personal development.

I recognize that I am in full control of my engagement in Embodied Relational Healing sessions and can consent or decline any interventions at any time.

Privacy Notice: I understand that Nathalie will not discuss or share any information with any third party without my written consent.

I have read and accept the following Embodied Relational Healing session consent guidelines outlined by Nathalie Rodríguez.

I wholeheartedly consent to engaging in this embodied relational healing work.

Please sign and date:

