



INFORMED CONSENT

Welcome! These documents contain important information about the professional services, financial responsibility, and business policies of Tranquil Minds, LLC. They provide a framework for understanding the services you are considering. Please read them carefully and email Andrea Withers (Andrea) any questions you might have before signing them (tranquilmindsllc@gmail.com). If you decide to use Andrea's services and sign these documents, it will represent an agreement between you and Andrea.

TRAINING & EXPERIENCE: Andrea is a Certified Clinical Emotional Freedom Technique (EFT) Practitioner. The term "Clinical EFT" refers to the "evidence-based" method that has been validated in research studies to meet the APA Division 12 Task Force requirements on Empirically Validated Treatments.

Andrea has a Bachelor of Science Degree in Family Science and a minor in Business Management. She completed her Clinical EFT certification at the beginning of 2021 with EFT Universe and trained with Dawson Church, the founder of EFT Universe. Additionally, she has over 14 years of experience with EFT (sometimes known as "Tapping", prior to her certification. EFT Universe was the first organization whose trainings have been accredited for Continuing Medical Education (CME/CE) credit for all the major healing professions, including doctors (AMA), nurses (ANCC), psychologists (APA), and social workers (NASWB).

EFT ROOTS, RESEARCH & LIMITATIONS: In the 1970s, a clinical psychologist named Roger Callahan found that clients made rapid shifts in psychological trauma when psychotherapy was combined with tapping on acupressure points (Callahan, 2000). Callahan's method was simplified as EFT and published in a manual in the 1990s. (Craig & Fowlie, 1995; Church, 2013).

EFT draws from acupuncture, exposure therapy, cognitive reframing, and many other time-honored approaches to healing. EFT involves light tapping with your fingers on acupuncture points (acupoints). A study published in the *Journal of Nervous and Mental Disease*, the oldest peer-reviewed psychology journal in the United States, found that (EFT) lowered the major stress hormone cortisol significantly more than other interventions tested. (<https://www.tappingsolutionfoundation.org/science-and-research/>)

EFT is used to resolve physical and emotional distress and can be used as a self-help tool between appointments. Over 100 studies published in peer-reviewed journals show that it is extremely effective at healing the symptoms of anxiety, depression, and PTSD. A meta-analysis that combined data from 7 randomized controlled trials of Clinical EFT for PTSD found that it had a very large treatment effect (Sebastian & Nelms, 2016). EFT had a

treatment effect size of 2.96 on a scale where a moderate effect from a therapy is 0.5 and a large effect is 0.8. Many studies also show that EFT can be effective at reducing pain as well (<https://Research.EFTuniverse.com>). Research has also shown that pressure on acupoints, or “acupressure,” can be as effective as acupuncture itself (Cherkin et al., 2009).

EFT is not used to diagnose, treat, cure, or prevent any physical or psychological illness or mental health disorder. Consequently, Andrea’s sessions do not provide medical diagnoses nor do they offer cures. While EFT is a technique that has produced remarkable clinical results and has gained scientific support, EFT is meant to complement, not replace psychiatric, psychological, or medical treatment from healthcare professionals. As you work with Andrea, there is no guaranteed outcome in any individual or individual session. Sessions are a time to engage with and learn tools to address the emotional side effects of triggering events.

There have not been reports of distressing side effects when EFT is administered by a qualified practitioner, but this statement does not mean that you will not discover negative side effects for yourself. If you do experience side effects, you commit to notifying Andrea and taking the best course of action.

These techniques may bring to the surface issues and memories that need addressing, perhaps ones you were not aware of before the client-practitioner relationship began. If this happens, you agree to inform your practitioner as soon as is reasonable. Since Andrea is often with a client requiring her phone to be turned off, she is available by email, which she checks often; but If you have an emergency and can’t reach her quickly enough, please call your family doctor or 911 as the situation merits. Your consent to use these techniques involves your voluntary agreement to take full responsibility for your well-being, progress, and behavior and to indemnify practitioner Andrea Withers.

Your signature below indicates that you have read the information in the document above, understand it fully, have discussed any question or matters of concern with Andrea Withers and/or others, and agree to abide by its terms during our professional relationship.

Print Name: _____ Date: _____

Signature: _____