

EVOLVED BEING

Integrative Health Client Agreement of Release and Waiver of Liability

- I have given my health information to the best of my knowledge and it is my responsibility to inform Evolved Being LLC of any limitations or conditions before an integrative health session.
- I understand that the integrative health practices of Evolved Being and Sheena Dressel, are different for each individual and in no way are a replacement for mental health treatment, or a physician's care.
- We work at a holistic level, together, in order to achieve balance and alignment within the individual.
- Integrative means mind, body and spirit working with you to create health and wellbeing. The techniques used include, but are not limited to, yoga philosophy, life coaching, hypnotherapy and energy healing.
- Hypnosis/Guided Imagery is one of the tools that we will use to achieve wellbeing in these sessions.
- Hypnosis takes the individual through the process of relaxation and trance in order to:
 - ⇒ release habits that do not serve
 - ⇒ let go of restrictive beliefs/negative thought patterns
 - ⇒ introduce new ways of being and achieve goals
 - ⇒ work towards self-mastery
 - ⇒ achieve relief from pain
 - ⇒ And more
- Prior to the state of trance or hypnosis, the client and the practitioner openly speak about everything that the client wishes to achieve. It is then during the process of hypnosis that patterns and behaviors are integrated into the subconscious.
- I understand that even after a session, there is integration within the conscious states that will be discussed with the practitioner that include; self-hypnosis, meditation techniques, affirmation work, mindfulness, and an overall willingness to take action in one's life in order to see out this work.
- I understand that anything that is discussed in the session is completely confidential. If at any time I become uncomfortable, in or out of the hypnotic state, it is my responsibility to inform the practitioner, and the session can be adjusted or stopped if need be.
- I understand that Evolved Being is not responsible for any claims that would involve the business, or its employees in the treatment or diagnosis of any underlying conditions of the client. And I hereby agree to irrevocably release and waive any claims that I have now or may hereafter against Evolved Being LLC, Sheena Dressel, its owner, and practitioner.

I, _____ have read and fully understand and agree to the above terms of this Release and Waiver of Liability.

Signature of Client (Or printed name acts as Signature)

Date

A note from me: I am here to work with you. It is under the guidance of spirit and the willingness to do the good work that, I, Sheena Dressel and Evolved Being have come together to show up for the fellow human race. I am excited to be a part of your journey and I am here as a catalyst for ushering in self-healing mechanisms. All I ask is that you stay open and honest with me, and we will see this process through with ease, grace, and perhaps a little fun. That's my promise to you!