

INNER SOUND CONSENT FORM

My Status and Scope of Practice

Hello, my name is Jane Smith and I am an INNER SOUND student/Practitioner. INNER SOUND is a gentle, complementary sound therapy and therapeutic music system that can assist in bringing a body to its natural ability to heal through relaxation. I do not diagnose or treat disease and I am not a physician nor a music therapist. These sessions are not a substitute for diagnosis or treatment from a qualified health practitioner for illnesses, injuries, or other medical conditions. My practice is guided by the INNER SOUND Code of Ethics and Standards of Care.

Basic definition of INNER SOUND

Relaxation is the focus of INNER SOUND no matter which elements are used: Spiral of 5ths Tuning Forks (applied at the head in pairs), Therapeutic Music, Personal Music and all trainings and courses. All students and Practitioners are trained to be Relaxation Guides, using the appropriate INNER SOUND element to relax.

INNER SOUND is a holistic, complementary and integrative therapy that is accomplished through the application of its different elements for relaxation. Because of the multi-dimensional nature of sound and music, the INNER SOUND relaxation elements can assist the body, mind and spirit in moving towards and maintaining well-ness. It also focuses on helping the client become more self-aware and mindful so that more responsibility for one's own health process can be taken.

Description of a Session

During a session (which can vary in length from thirty to 90 minutes), I will conduct a thorough interview to learn more about you and what in your life you would like to relax. Based on the interview I will choose the best INNER SOUND element (therapeutic music with or without movement & visualization exercises / tuning forks) that is appropriate for your needs. After discussion, I will apply that element. There is a high likelihood that you will experience the relaxation response during the session. A feedback discussion will follow. People have many different responses to INNER SOUND. 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 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. **Please note:** you need to be willing to listen to the therapeutic music titles I might recommend for a minimum of 1/2 hour a day, 4-5 days a week outside of our sessions. Otherwise, you will not receive benefit. My role in regard to the music is to recommend the most beneficial titles so that you can achieve your relaxation goals as quickly as possible. This is a joint creation: I recommend/you listen. In addition to the cost of the session(s), you will need to purchase and download the therapeutic music I recommend for home use. (CDs are still available for purchase if you prefer.) *I receive a commission on each sale.* For tuning fork sessions and Personal Music there is nothing extra to purchase.

Benefits of INNER SOUND

Since 1978 our client assessments after INNER SOUND sessions have shown effectiveness for physical and mental relaxation, management of discomfort, anxiety and stress reduction and increasing one's sense of vitality. Clients of INNER SOUND typically report experiencing the relaxation response and often report an increased sense of well-being 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 claim regarding the results you may experience from an INNER SOUND Session. Up until now, there are no known detrimental side effects to any of the elements.

My Energy/Education, Training and Experience

(include a personal statement about your Education, Training and Experience)

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.
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 Jane Smith.

We have discussed the nature of the services to be provided including information that INNER SOUND is a holistic, complementary and integrative sound therapy and therapeutic music system focused at relaxation. I understand that she is not a licensed physician nor a music therapist. 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 also understand that in the case of using the INNER SOUND therapeutic music I need to listen to it for a minimum of 1/2 hour a day, 5 days

of the week in order to receive benefit and that the cost of the music is in addition to the cost of the session. I understand that Jane Smith receives a commission for any music I purchase.

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

Except in the case of gross negligence or malpractice, I or my representative(s) agree to fully release and hold harmless Jane Smith against any and all claims or liability of whatsoever kind or nature arising out of or in connection with my session(s).

I have been informed that Jane Smith will neither diagnose nor prescribe for any condition that I might have nor does she make a specific claim regarding the results of the INNER SOUND sessions that I receive. I also understand that these sessions are focused at relaxation and that I am responsible for my own health process. She is a relaxation guide using INNER SOUND elements.

My questions have been answered to my satisfaction regarding my INNER SOUND student / Practitioner's background, an INNER SOUND session (tuning forks / therapeutic music / Personal Music) and what I might expect from this session.

I fully consent to use the services offered by Jane Smith by signing below.

Signed: _____ Date: _____

Print Name: _____

Address: _____ Email: _____