

Joan Kaylor, MEd, LPC, NCC, LLC
Energy Wellness Coach and Consultant
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Coaching Agreement & Disclosure Statement

Thank you for your interest in engaging Joan Kaylor, MEd, LPC, NCC, LC (“JK, LLC”), to provide the coaching services of Joan Kaylor, the single member of JK, LLC, either in person or via distance by telephone, Skype, Zoom, or other electronic platform, whichever is applicable. JK, LLC is providing you with the following information, so you can make an informed choice about your decision to engage the JK, LLC to provide the coaching services of Joan Kaylor. Please read this information carefully and let Joan Kaylor know if there is any part you do not understand.

Coaching Services Offered

In her coaching practice, Joan Kaylor works with clients in a number of areas including, energy balancing for health and well-being, intuitive assessments, stress management, and life transitions. She offers several innovative energy-based coaching and self-help methods that are designed to restore the balance of energy within the body, mind, and spirit of the client, including ***Emotional Freedom Techniques (EFT)***, ***Tapas Acupressure Technique (TAT)***, ***Applied Kinesiology***, and ***Chakra Balancing*** (collectively the “Energy Methods”). Joan Kaylor may also, depending on the client’s comfort level, offer additional energy-oriented techniques, if she feels that they would be helpful. Joan Kaylor’s intent is to support you in releasing challenges that no longer serve you and to support you in creating new perceptions and behaviors that make it possible for you to move towards experiencing a more positive whole-hearted life.. Please be advised you have the option of using individually or collectively any of the Energy Methods offered by JK, LLC, as part of your work with Joan Kaylor.

Energy Methods/Theoretical Approaches

Energy Methods is a collective term used to refer to a variety of energy healing techniques based on the use and modification of energy fields. The Energy Methods are designed to assess where the body’s energies are blocked or not in harmony and then unblock, correct, and balance the flow of these energies, thereby aligning the body’s energies to boost health and vitality. The Energy Methods can also assess the energetic impact of how thoughts, beliefs, and emotions can influence the health and well-being of an individual. The prevailing premise of the Energy Methods is that the flow and balance of the body’s electromagnetic and subtler energies are important for physical, mental, spiritual, and emotional health, and for fostering well-being. If you ever have questions or concerns about the nature of the theories and methods used, please feel free to ask Joan Kaylor for further resources or references. For further information regarding the Energy Methods, please refer to the ***Additional Client Information & Office Policies*** document which is attached hereto and made part of this Client Agreement & Disclosure Statement

Although the Energy Methods appear to have promising emotional, mental, spiritual, and physical health benefits, they have yet to be fully researched by the Western academic, medical, and psychological communities. Therefore, the Energy Methods are considered experimental and the extent of their effectiveness, as well as their risks and benefits, are not fully known. The Energy Methods are self-regulated and no state in the United States licenses, registers, or certifies practitioners of the Energy Methods and considers them to be alternative or complementary healing approaches

Nature of the Relationship

While Joan Kaylor is a Licensed Professional Counselor in the Commonwealth of Pennsylvania, by signing this document you understand JK,LLC is only providing her services as an Energy Coach and your relationship is not to be construed as psychotherapy, psychological counseling, or any type of therapy, nor is it a substitute for these services. While there are some similarities between coaching and psychotherapy, they are very different activities. The purpose of psychotherapy is to alleviate psychological disorders and coaching is not appropriate for clients with psychological disorders. Coaching is a professional relationship in which the coach partners with the client to help the client meet specific, tangible goals. The coach will work with the client to define goals and strategies for meeting them, and to identify potential obstacles and ways to minimize or eliminate them. Coaching may address specific personal goals or projects, life balance, job performance and satisfaction or general conditions in the client's life, health, business or profession

Outcome Expectations/Risk & Benefits

Participation in coaching sessions can result in a number of benefits to you, including improvement and/or resolution of the specific concerns that led you to seek help. Working toward these benefits, however, requires your very active involvement, honesty, and openness in order to change your thoughts, feelings, and/or behavior. Your motivation, your ability to use your imagination, and positive thinking are the deciding factors in achieving successful outcomes. You will have to work both in and out of the coaching sessions. Joan Kaylor will ask for your feedback and views on your coaching program, its progress, and will expect you to respond openly and honestly. Sometimes more than one approach can be helpful in dealing with a certain situation. Most clients report positive outcomes after a session, often feeling peaceful and deeply relaxed but it is unknown as to how you will personally respond to the Energy Methods. Therefore, it's not possible to guarantee any specific results regarding your goals. However, Joan Kaylor will work with you to achieve the best possible results.

While the Energy Methods are considered gentle and non-invasive, it's possible in your sessions, or on your own between sessions, to experience some physical discomfort or emotional distress that can be perceived as negative. It's also possible to experience some emotional distress or physical discomfort related to overwhelming or stressful experiences you may have had earlier in your life. Unresolved memories may also surface, and emotional material may continue to surface after a coaching session and give indication of other issues or incidents that may need to be addressed. Occasionally, some people have experienced dizziness, nausea, or anxiousness as occasional side-effects from energy work. You agree to promptly inform Joan Kaylor if you experience any emotional distress and/or physical discomfort during a session or between sessions. If appropriate, Joan Kaylor can help refer you to an appropriate professional health care provider for further assistance. In using the Energy Methods it's possible that previously vivid or traumatic memories may fade which is a positive outcome. However, this could adversely impact your ability to provide legal testimony that carries the same emotional impact as prior to applying the Energy Methods regarding a traumatic incident.

Acknowledgment and Consent to Receive Services

By signing this document, you agree that Joan Kaylor, the single member of JK, LLC, has disclosed to you sufficient information to enable you to decide to engage or not engage JK, LLC to provide the coaching services of Joan Kaylor. You have considered all of the above information and have obtained whatever information or professional advice you deem necessary to make an informed decision.

You understand that your consent to the nature of your session(s) and the use the Energy Methods is given voluntarily, without coercion, and may be withdrawn in the future. You represent that you are competent and able to understand the nature and consequences of your session(s) and the use of the Energy Methods and agree to be personally responsible for the fees related thereto. You have discussed with Joan Kaylor the nature of the coaching services to be provided and you understand that although she is a Licensed Professional Counselor by the Commonwealth of Pennsylvania, she is offering her services solely as an Energy Coach and your relationship is not to be construed as psychotherapy, psychological counseling, or any type of therapy, nor is it a substitute for these services. **Further, you understand Joan Kaylor is only providing her services through JK, LLC and she is not providing her services as an individual or sole proprietor.**

You understand the Energy Methods are relatively new healing approaches and the extent of their effectiveness, as well as their risks and benefits are not fully known. Therefore, if you choose to use any of the Energy Methods, you agree to assume and accept full responsibility for any and all risks associated with them. Further, you agree and understand this Coaching Agreement & Disclosure Statement is intended to be a complete unconditional release of liability and assumption of risk to the greatest extent permitted by law.

Any and all matters in dispute between the parties to this Agreement, whether arising from or relating to this Agreement itself, or arising from alleged extra-contractual facts prior to, during, or subsequent to this Agreement, including, without limitation, fraud, misrepresentation, negligence or any other alleged tort or violation of the contract, shall be governed by, construed, and enforced in accordance with the laws of Commonwealth of Pennsylvania, without regard to conflicts of law doctrines and regardless of the legal theory upon which such matter is asserted. This Agreement shall be binding upon you and your heirs and legal representatives.

By signing in the space provided below, you knowingly, voluntarily, and intelligently assume these risks and agree to forever fully release, indemnify, hold harmless and defend Joan Kaylor, MEd, LPC, NCC, LLC, its owners, members, principals, employees, staff members, agents, representatives, consultants, volunteers, and others associated with Joan Kaylor, MEd, LPC, NCC, LLC from and against any and all claims or liability, of whatsoever kind or nature, which you, or your representatives, may have for any loss, damage, or injury, including without limitation, physical, emotional, mental, financial, or personal, arising out of or in connection with your coaching sessions(s) and the use of the Energy Methods.

Client Name

Date

Client Signature

I am the parent or legal guardian of the above-named minor, and I consent to and join in the foregoing Agreement on behalf of said minor.

Signed: _____

Date: _____

Print Name: _____

If you are submitting this Coaching Agreement & Disclosure Statement electronically, typing your name in the space provided above will be considered your signature and constitute your acceptance and agreement of this Coaching Agreement & Disclosure Statement.

Joan Kaylor, MEd, LPC, NCC, LLC

Joan Kaylor, MEd, LPC, NCC, LLC, Coaching Agreement & Disclosure Statement 2017

Energy Coach

157 Waterdam Road Suite 260 McMurray, PA 15317

Cell: 724.413.0964 email: JoanKaylor@hotmail.com www.JoanKaylor.com

Additional Client Information & Office Policies Attachment to Coaching Agreement & Disclosure Statement

1. Important Information re: Energy Methods

Please be advised the Energy Methods are not intended to be substitutes for medical or psychological diagnosis and treatment and they do not replace the services of licensed health care professionals. You agree to consult with your health care provider for any specific health care problems and understand that Joan Kaylor may suggest you contact your professional health care provider if she believes it's advisable. In addition, you understand that any information shared during your coaching session(s) is not to be considered a recommendation that you stop seeing any of your health care professionals or using prescribed medication, if any, without consulting with your health care professional, even if after a coaching session it appears and indicates that such medication or treatment is unnecessary

2. Theoretical Approaches

Emotional Freedom Techniques (EFT)

EFT looks at and seeks to address imbalances within the person's energy system, as well as the energetic influence of thoughts, beliefs, and emotions on the body. The prevailing premise of EFT is that the cause of all negative emotions is a disruption in the body's energy system. It is believed that EFT helps clear these disruptions, thereby restoring the flow and balance of the body's electromagnetic and more subtle energies which are important for physical, spiritual, and emotional health, and for fostering well-being. EFT uses the ancient Chinese meridian system with a gentle tapping procedure which stimulates designated meridian end points on the face and body while focusing on issues of emotional intensity in order to release the intensity and reframe the issues. When using EFT as part of a coaching session, the client does the tapping on the client's own body and the coach helps guide the session by instructing the client where to tap while saying specific phrases based on the issues that are being worked on. If you are having an in office session and you are not able to "tap" for yourself, then Joan Kaylor may need to "tap" for you. In such a rare event, she will ask for and receive your permission prior to tapping on your body.

Tapas Acupressure Technique® (TAT®)

TAT is also a meridian based technique consisting of touching points on your face and holding the back of your head while going through the TAT Steps. TAT was developed to work with the human energy system to help reduce the stress and consequences of overwhelming and stressful life events and provide a sense of well-being.

Chakra Balancing

The chakras are centers in the human energy field which distribute the energy which supports the functioning of the body, mind, and emotions. If there is too much or too little energy flowing through a particular chakra, this can have a negative impact on the functions associated with that chakra. When our chakras are balanced, maximum vitality and health can be experienced and physical or emotional trauma can be released.

Applied Kinesiology

Applied Kinesiology, also known as “muscle testing” is designed to access the wisdom held in the client’s body and to identify where energy flow is blocked and to find the very best points to focus on in order to restore proper energy flow. If Joan Kaylor is working with you in-person, she will ask permission to apply slight pressure to your wrist or forearm to determine if the muscle locks or unlocks (losing strength) when you bring to mind a particular thought, emotion, or problem state. The outcome, as indicated by the relative firmness maintained by the muscle, provides information which guides how the coaching session will proceed. If you have any reservations about physical touching as described above, please bring this to Joan Kaylor’s attention immediately. You understand you have a choice about any technique that involves touch.

3. Training and Education

Joan Kaylor earned a Master of Science in Education from Duquesne University in 1994. She is a Licensed Professional Counselor in the Commonwealth of Pennsylvania and also board certified by the National Board of Certified Counselors. Joan Kaylor is certified in energy psychology as a Diplomate in Comprehensive Energy Psychology from the Association of Comprehensive Energy Psychology. She has been using EFT and TAT since 1996. She also has had extensive training in clearing chakras, centering techniques, and grounding.

4. Confidentiality

Except as provided below, Joan Kaylor will maintain your confidentiality and will not disclose any information you share with her during your coaching session(s) without your prior written permission. You may direct her to share information with whomever you choose, and you can revoke that permission at any time. Joan Kaylor, will break confidentiality if she believes you may harm yourself or another, if she is required to do so by law such as a court order or to report abuse or neglect of a child, dependent, or older adult. ***Further, please be advised that if any communication regarding your sessions is conducted over Skype, Zoom, phone (voice or text), email, or other electronic platform, it is not possible to guarantee the confidentiality of the information contained in any of these electronic communications.***

5. Payment Policies/Fee

Consultation \$195.00 for a single meeting.

\$495.00 for 3 meetings

\$995.00 pre-paid for 7 meetings. (best value)

6. Session Length

Meetings are 1 hour. Client may record to their computer for future use.

7. Cancellations

Scheduling of appointments involves the reservation of time specifically for you. Therefore, a minimum of 24 hour advance notice is required for rescheduling or canceling an appointment. No refunds are granted after the fee is paid. If an emergency arises that prevents the client from keeping the appointment your payment will remain as a credit to December 31st of the calendar year. After December 31st of the calendar year the credit will be forfeited.

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