

# Hands of Earth

## *Client Consent Form*

### *Nature of Shiatsu Therapy*

Shiatsu is a Japanese form of therapy that is descended from the 'Eastern Folk Medical Traditions', specifically the 'Traditional Chinese Organ/Meridian System' and the ancient practice of 'Anma'. Shiatsu is considered to be a form of 'Natural Health Maintenance'. Shiatsu helps to promote the body's innate tendency to find a balanced and smooth flow of 'Qi' by treating the Organ/Meridian System; much the same way as Acupuncture does, and without the use of needles. From the 'Western' Medical Perspective', Shiatsu is thought to have an effect on the nervous systems of the body. Promoting the restful, healing effects of the parasympathetic nervous system; and stimulating the vigour and energy of the sympathetic nervous system. The application of pressure is provided by the use of thumbs, palms, knees or elbows to the whole body and also incorporates the application of stretches when needed.

### *Treatment Reactions (Menken)*

With Shiatsu there may be some mild bruising, please let your therapist know if you bruise easily. If you should feel dizzy, or become nauseated at any point during the treatment please tell your therapist immediately.

After a Shiatsu treatment you may notice that you are experiencing one or several reactions due to the treatment, these are what we refer to as 'Menken'. You may for example feel sleepy, energized, sore, an increased range of motion in joints, a change in the location of pain or a resurfacing of old pain, to name a few. With this in mind remember that sometimes it is possible to feel worse before feeling better. However if you have any concerns about possible reactions that you are experiencing please call your therapist.

### *Cancellation Policy*

A minimum of 24 hours notice is required if you are unable to keep your scheduled appointment. Those that do not show up for their appointment or cancel appointments without 24 hours notice will be subject to a \$45 cancellation fee.

### *Right of Refusal*

Hands of Earth therapists reserve the right to refuse any treatment if a patient is deemed to be under the influence of alcohol or any recreational drugs, or if there is any inappropriate comments or behaviours.

You as the Client are to be advised that you may change or refuse any or all parts of the treatment now or at anytime.

Client's Signature \_\_\_\_\_ Date \_\_\_\_\_

Therapist's Signature \_\_\_\_\_ Date \_\_\_\_\_