

# Regina Energy Medicine Therapist POWERS

I am pleased to meet you and to have the opportunity to work with you. Here is some basic information about the healing work in which I am trained and what you may expect during a healing.

I graduated as a registered nurse in 1983, and continued to train in the traditional medical model receiving my degree as a Family Nurse Practitioner in 1997. I have discovered more about myself through exposure of different healing modalities and realize the art of healing comes in many different facets. Along with my experience and expertise in the traditional medical model, coupled with the training of various complimentary modalities that I use like - Cranial Sacral Therapy, Touch for Health, 5 Elements of Chinese medicine, Flower essences using applied kinesiology and Energy medicine. I have come up with a model to uncover and assist both adults and our youth, with discovering more self-understanding and necessary life skills. I am also a Brennan Healing Science Practitioner, which uses a hand's on healing technique that works with the human energy field while you are lying on a table, fully clothed. My work is intended to be in harmony with any other healing work that you undertake, including traditional medicine and psychotherapy.

It is my experience that the Brennan Healing Science work clears and charges the energy field, removes energetic blocks that lead to disease and enhances the body's natural healing capability. This along with balancing the 5 elements (fire, earth, metal, water, wood), each associated with certain organs, emotions, & meridians. When these elements are out of balance, it may lead to disharmony and ill health. These imbalances can be corrected through stimulating points on the body corresponding to each of the elements, along with using the Brennan Healing and Cranial Sacral Therapy. These modalities can also assist the healing process by way of helping to alleviate physical and emotional pain. This is something that may take more than one session, although overtime can prove quite beneficial. I may also offer you a flower essence, which is used to assist in the treatment of your emotional body. Many of my clients both young and old experience increased well being and improvement in their condition; however, I cannot promise you these things.

Self care is an extremely important part of your healing process. At all times your healing is your responsibility. If at any time during the session you are uncomfortable, it is your responsibility to inform me immediately. I also recommend that you refrain from using alcoholic beverages for 24 hours following your session.

My approach to healing and personal transformation is holistic, focusing on you as a unique, complex, dynamic being of body, mind and spirit. I believe it is our natural evolution to grow spiritually although we must heal both our emotional and physical bodies in order to access our true self. As a nurse practitioner, specializing in Integrative Health, I will assist both adults and our youth to find a way at restoring an inner balance. We will address your health history, life stressors and life events that have had a significant impact on you thus far in your life. Your sharing is always kept confidential. I do, however, discuss clients, without mentioning their names, with my supervisors and or peers for the purpose of my continuing professional development and so that clients may receive the most assistance available. I may also want to discuss your care with other health care professionals on your healing team with your permission. (Therapists, Counselors and or Medical providers)

We may prefer to set up a regular schedule to work, but there is never any obligation to continue treatment. If you cancel an appointment, please give me as much notice as possible. You will be charged for a session if you should cancel within 24 hours from the scheduled time. If someone else takes your time slot, you will not be charged.

In signing this acknowledgement, you agree that I may work with you in the above-described manner. I am most happy to answer any questions regarding my services and I also encourage you to express any concerns you may have.

In partnership for your healing and with warm regards,

Regina M Powers RN, MSN, FNP-C

---

Healers Signature

---

Clients Signature

Parent/Guardian Acknowledgement and Consent for Treatment of a Minor

I have read the above client information letter of *Regina M Powers* and am satisfied that I sufficiently understand the nature of the services she provides. I give my permission to work with my child \_\_\_\_\_ in the above-described manner.

---

Parent or Guardian Signature (If under 18 years of age)