

MIND+BODY+SPIRIT INTEGRATION

BIOFIELD TUNING INTAKE FORM

Contact Information:

Name: _____ Age: _____ Date of Birth: _____

Phone: _____ Email: _____

Mailing address: _____

Referred By: _____ Occupation: _____

Emergency Contact: _____ Phone: _____

What is your preferred method of contact? Phone Text Email

Do you give MBSI permission to add you to our newsletter mailing list? Yes No

Identity:

Gender: Female/M-to-F Male/F-to-M Transgender Prefer Not To Say _____

Pronouns: She/Her He/Him They/Them Prefer Not To Say _____

Health History:

Please mark any of the following that may apply to you:

Pregnancy or planning

Cancer or terminal illness

Concussion or head injury (past 6 months)

Obesity

Heart condition/Pacemaker

Recent broken bones

Currently taking medications

Chronic illness or condition

If you marked any of the above, please provide more information: _____

Is there any other medical information we should be aware of? _____

Presenting Issue:

What is the primary reason for seeking Biofield Tuning? _____

What are your goals for our sessions together? _____

Do you have any questions or concerns about Biofield Tuning? _____

Is there anything else I should know? _____

I have provided my information accurately and to the best of my knowledge, including pertinent information regarding my physical, mental, emotional and spiritual health and well-being.

Client Signature _____

Date: _____

Biofield Tuning Disclaimer

Biofield Tuning and its associated processes should not be relied upon as health, medical, psychological, or other professional advice of any kind or nature.

Biofield Tuning is an energy medicine* method developed by Eileen McKusick, an author, researcher and practitioner, (www.biofieldtuning.com) for self-healing and wellness that uses sound waves produced by specialized tuning forks in the biofield that surrounds the human body. Energy medicine methods, such as Biofield Tuning, are designed to assess where the body's energies are blocked, trapped, or not in harmony and then correct the flow of these energies by aligning the body's energies to boost health and vitality. The theory of energy medicine methods is that the flow and balance of the body's electromagnetic and subtle energies are important for physical, spiritual, and emotional health, and for fostering overall well-being.

You understand and accept that when utilizing Biofield Tuning the practitioner is not "diagnosing" or "treating" the physical body, which is the domain of the medical field and other allied healthcare professionals, but instead is connecting to the energy or subtle "bodies" of the client that make it possible to manifest a change or transformation, which is then experienced directly by the client. You understand there is a distinction between "healing" using Biofield Tuning and the practice of medicine or any other licensed health care practice.

Although Biofield Tuning appears to have promising emotional, spiritual, and physical health benefits, it has yet to be fully researched by the Western academic, medical, and psychological communities. Therefore, Biofield Tuning may be considered experimental and the extent of its effectiveness, as well as its risks and benefits, are not fully known. Energy medicine methods such as Biofield Tuning are considered "alternative" or "complementary".

Client Signature _____ Date: _____

*Energy medicine is a collective term used that refers to a variety of energy techniques, processes, and methods based on the use, modification, and manipulation of energy fields that look at imbalances within an individual's energy system as well as the energetic influence of thoughts, beliefs, and emotions on the body.

Permission To Use Data: By signing below, you give permission for MBSI and Paul Charuk to share your case in a database exclusive to Certified Biofield Tuning practitioners for educational and research purposes. (For example: if Biofield Tuning successfully resolved your ailment, the practitioner's process and protocol, as well as the outcome of the treatment would be shared with other practitioners for their reference). Your personal identity and details under the *Contact Information* section will remain anonymous and confidential at all times.

Client Signature _____ Date: _____

CLIENT BILL OF RIGHTS AND RESPONSIBILITIES

This document is intended to inform you of your rights and responsibilities as a client of Mind Body Spirit Integration (MBSI) prior to receiving any services by Paul Charuk or any MBSI practitioner.

Contact Information:

Paul Charuk

Founder of Mind Body Spirit Integration | Coach | Consulting Hypnotist | Biofield Tuning Practitioner Phone: 647-289-5212 | Email: paul@mbsintegration.com | Website: www.mbsintegration.com

Practitioner Education and Training:

Paul Charuk is a certified member of the National Guild of Hypnotists (NGH). He received his training and qualifications with the NGH through the University of Toronto's Clinical Hypnosis for Clients and Groups program, graduating in June 2019. For more information on NGH and its membership standard, please visit www.ngh.net. Paul Charuk is a certified Biofield Tuning Practitioner. He completed his practitioner training at Biofield Tuning in Burlington, Vermont and was certified August 2019. For more information on Biofield Tuning and its programs, please visit www.biofieldtuning.com.

NOTICE:

As the province of Ontario has not adopted educational, training, or licensing standards for the practice of Hypnotism or Biofield Tuning, the above statement of credentials is for information purposes only. Hypnotism and Biofield Tuning are self-regulating professions and therefore Paul Charuk and MBSI's practitioners are not licensed by any government agency. MBSI and Paul Charuk are neither physicians nor licensed healthcare providers and may not provide a medical diagnosis nor recommend discontinuance of medically prescribed treatments. If a client desires a diagnosis or any other type of treatment from a different practitioner, the client may seek such services at any time.

Client Rights:

A client of MBSI has the right to be free of physical, verbal or sexual abuse and has the right to be treated with dignity and respect at all times. The client has the right to be referred to by the name and pronouns of their choosing, as indicated in the Identity section of the intake form. The client has the right to know the expected duration, before and during a session. The client may assert any right without retaliation. The client has a right to refuse services at any time. In the event of the services of MBSI are terminated by the client, the client has a right to coordinated transfer of their services to another practitioner.

Client Confidentiality:

MBSI and its practitioners will not release any information to anyone without written authorization from the client, except as provided for by law. Written authorization includes the *Permission To Use Data (for Biofield Tuning Only)* document, used for practitioner research and educational purposes only, with identity and personal information remaining private and confidential. You have the right to be allowed access to your written record at MBSI.

Redress:

Certified members of the National Guild of Hypnotists practice in accordance with the Guild's Code of Ethics and Standards. If you have a complaint about the services or behavior of the Consulting Hypnotist that cannot be resolved by Paul Charuk personally, you may contact the National Guild of Hypnotists to seek redress. National Guild of Hypnotists, P.O. Box 308, Merrimack, NH 03054-0308. 603-429-9438. www.ngh.net

Certified Biofield Tuning Practitioners practice in accordance within the ethics and standards established in the Biofield Tuning Practitioner Training program. If you have a complaint about the services or behaviour of the Biofield Tuning Practitioner that cannot be resolved by Paul Charuk personally, you may contact Biofield Tuning through their website www.biofieldtuning.com to seek redress.

Client Behaviour and Expectations:

It is the client's responsibility to ensure their commitment to the process of personal change. This is achieved by completing assigned work (aftercare, self-hypnosis, journaling, homework, etc.) and contracts as agreed to; maintaining established appointment schedule as agreed to, arriving to and ending sessions on time; making payments on-time and in full and as agreed to; and respecting all policies within this *Client Bill of Rights and Responsibilities* document. The client agrees to maintaining an environment free of physical, verbal or sexual abuse and treating all members and staff of MBSI with dignity and respect.

Fees:

Pre-purchased sessions, packages and vouchers will be honoured at their original value within one year of purchase. Gift Vouchers will be honoured at the rate of their dollar value or service stated. Package rates must be paid in full at the time of invoicing in order to receive the discounted session rate. Refunds of any amount will be less the costs of all transaction processing fees.

Insurance:

As non-regulated services Hypnotism and Biofield Tuning are generally not covered under insurance policies and workplace benefit programs. It is encouraged to adopt the view of the services received at MBSI as an investment in yourself, your health and your wellbeing.

Rescheduling and Cancellation Policy:

Rescheduling or canceling a session must be made at least 24 hours before the scheduled time of session. You may use the Reschedule/Cancel function in the confirmation email or the link found in the calendar event details. Note: deleting or moving the event to a different day within your calendar will not change the scheduled session, you must use the Reschedule/Cancel function. Missed sessions without notice will be invoiced or counted as a session within a package or program.

I hereby have received, read, understood and agree to all matters and policies within the *Client Bill of Rights and Responsibilities*.

Client Name (print) _____

Client Signature _____

Date: _____

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BIOFIELD TUNING AFTERCARE

After Effects:

Everyone is different and will have a unique experience to a Biofield Tuning session. Most people who receive Biofield Tuning sessions report feeling clearer, calmer, more relaxed, and more self-aware. Sometimes clients will experience a detox (physical, mental, emotional, energetic), the effects of which can vary greatly. Some clients have reported:

- Profound exhaustion and tiredness, needing to sleep or lay low for a day or more; happens with people who have been 'running on empty' - **Take it easy**; keep your day light
- Extreme emotionalism, becoming aware of formerly masked or buried emotions: can include crying a lot, being very angry - **Be kind to yourself**; it's OK allow your emotions, even if they are uncomfortable
- Headaches and/or dizziness, waking up with a headache - **Drink more water!**
- In very rare instances physical, cold and flu-like symptoms, such as: skin rashes, mucus, fevers, vomiting, loose stools, excessive thirst - **Call Me**

Follow Up:

Generally, these symptoms are detoxification and pass within a day or two, but if a condition persists, it is important to contact me - sooner than later. Sometimes people can get 'stuck' in the unwinding process and need an additional boost to complete the adjustments. If you're feeling very "off" the day after your session or have any questions or concerns at all, please contact me by email at paul@mbsintegration.com or call me at 647-289-5212.

Hydrotherapy:

Hydrotherapy, in and out, is optimum after a sound therapy session. Drinking plenty of water and herbal teas after a session is recommended, and soaking in a mineral or Epsom salt bath for 20 minutes minimum (or foot soak or full body salt scrub) supports the body in detoxifying or releasing any physical components from the blockages released from the energy field. It is also beneficial to be well hydrated before a session due to the sound-conductive properties of water.

Grounding:

It is highly recommended to spend some time walking barefoot outside in the grass or soil after your session, as weather and the seasons permit. Connecting the bare feet to the earth will help to ground your energy and absorb negatively charged ions. Similarly, being barefoot at home will assist in grounding. Additionally, deep, diaphragmatic breathing will also discharge energy from the body:

- Standing or sitting take 5 deep breaths - slow inhale, push out the belly as it fills with air... pausing for a moment... then exhale slowly, contracting the belly, dropping the shoulders, releasing tension in the body
- Visualize your breath traveling down your body, out your feet and into the Earth Star... then visualize inhaling grounded energy from the Earth Star, up from the feet and into the body