



PIER VIEW COUNSELING

707 Civic Center Drive Suite 106
Vista, CA 92084
Phone: 760-576-5822
www.pierviewcounseling.com

Client Information Form

Personal Information

Last Name		First Name		Middle Initial
Date of Birth	Sex	Home Number	Cell Number	
Email				
Referred By				
Address				
City		State	Zip Code	
Emergency Contact		Phone	Relationship	

Reiki Hands-on or Floating

Please note that my Reiki practice is generally a hands-on healing practice as that was the way it was taught to me and the way it originally started. I work on an intuitive basis as to where to place my hands and the hands positions. My hands will rest lightly on your body and there is no manipulation of your body. I will however float my hands over the areas that you request.

There is no difference in the benefits of having my hands on as opposed to floating and it is a personal preference. I would like you, my client, to feel as comfortable as possible whilst I treat you so please do not be shy to ask questions or to specify preferences. Feel free to change from floating to hands on or vice versa at any time.

Special requests or comments for hands-on or floating

e.g. Hands on entire body, floating over naval _____

Initial _____



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Before your session, please read over and initial each the following:

_____ **What is Reiki?**

The Usui System of Reiki Healing is a palms-on healing practice. Reiki is an ancient laying-on-of-palms healing technique that uses the life force energy to heal, balancing the subtle energies within our bodies. Reiki practitioners act as a conduit, or 'hollow bone,' for Reiki energy. The result of receiving Reiki is a balanced physical, mental, emotional, and spiritual being. Reiki is being used today in hospitals all over the world to support health and wellness.

_____ **What happens during a Reiki treatment?**

During a Reiki treatment, you will lie fully clothed on a massage table, covered in a blanket if you choose, listening to soothing music. Your Reiki practitioner will lay their hands on your body in a series of hand positions to deliver Reiki energy. A Reiki treatment generally covers first your head then the front of your body and finally the back of your body.

_____ **What does Reiki feel like?**

Reiki tends to feel warm and profoundly relaxing. You may feel the hands of the Reiki practitioner become very hot. The more common experiences are feeling a tingling, hot or cold sensation somewhere in your body. Some people feel as though they are floating, see colors or shapes during the session. Some people fall asleep. Some may have some emotional things come up. There is no right and wrong. All that I can suggest is that you allow the experience to be, instead of trying to control it.

The most common feelings afterwards are a drastic reduction in stress, and an extreme sense of relaxation, similar to what people usually feel after a massage but it seems to be more profound and longer lasting, and an overall feeling of being more balanced, calm, and centered.

_____ **What are the benefits of several sessions?**

Just like meditation, or movement arts, the effects of Reiki are cumulative. While one session can work wonders, repeated, regular Reiki treatments can change your life in positive ways. As an example: if you exercise for an hour, you will receive benefit. If you sit in exercise every day for a month, many propone that your life will begin to change profoundly. Reiki works similarly – regular sessions are supportive of our well-being in every way.

_____ **Can Reiki “cure” me?**

Reiki is a complementary methodology of energy healing that works with and supports all other wellness treatments. Often, although we may look for a “quick fix,” we learn that healing is more about gentle shifts in awareness, releasing emotional patterns, new understandings, and daily practice than a “miracle cure.” Reiki is not a “magic bullet” or a “cure” for any ailment, and **never replaces licensed medical treatment**, but is instead a powerful way to support wellness for the physical, mental and emotional bodies.



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I understand that Reiki is a relaxation and stress reduction technique. I acknowledge that treatments administered are only for the purpose of helping me relax and to relieve stress. Reiki practitioners do not diagnose conditions, nor do they prescribe substances or perform medical treatment, nor interfere with the treatment of a licensed medical professional and are not licensed by the state of California. I further understand that treatments received from Palms of Reiki are not to be construed as a substitute for medical examination, diagnosis or treatment. It is recommended that I see a licensed physician, or licensed health care professional for any physical or psychological ailment I may have.

I also understand that Reiki is an energetic healing methodology, which involves the laying on of hands to heal. I understand that I will be fully clothed during the session, and experience a series of hand positions on and above my body that have been outlined to and approved by me before the session.

Having read, completed and understood the foregoing, I request to receive Reiki today and during any visit hereafter. I understand that Lydia Lombardi Good of Pier View Counseling is providing Reiki for me at my request, and is not responsible for the outcome of the Reiki session. I agree to hold Lydia Lombardi Good of Pier View Counseling, harmless.

Signed: _____

Print Name: _____

Date: _____