

Sheila Fay, Lic.Ac., M.A.O.M.

Balanced Life Healing

Consent to Treatment

I, _____, hereby authorize Sheila Fay to administer any style of Oriental Medicine, Chinese Herbs, Reiki or craniosacral therapy relevant to my diagnosis and treatment, including but not limited to the following:

- ◆ Insertion of various styles and sizes of **acupuncture** needles into my body at various depths and locations. Non-insertive techniques or laser treatment of the acupuncture points may be used. There may be some sensation, such as heaviness, numbness, warmth or tingling, including some residual sensation after removal, which is normal. Occasionally bruising may occur, which resolves after a few days.
- ◆ Heat treatments using *Artemisia vulgaris* (**moxibustion, moxa**) or a heat lamp may be placed on any part of my body. For indirect moxa treatments, the moxa is used on the head of the needle, or is placed on a barrier (such as salt), which rests on the skin. With the direct technique, the moxa is placed directly on the skin. With any type of heat, there is a risk of burn or small blister.
- ◆ **Acupressure Beads** are very small metal balls or seeds on a latex patch. These balls or seeds apply slight acupressure on a treatment point that may require stimulation 1-2 times during the day. The bead/seed may be worn for several days. Occasionally, the patch may cause skin sensitivity or pressure that is resolved with removal of the patch.
- ◆ **Electrical stimulation** of the needles may be used through a small, battery-powered stimulator attached to the needles, which produces a vibration or tapping sensation on the needle.
- ◆ **Cupping** may be used to promote the circulation of Qi (energy) through the meridians. Cups may produce a red/purple color on the area cupped, which may remain 1-3 days.
- ◆ **Magnet Therapy** may be used in conjunction with the acupuncture needles. Small low gauss magnets may be worn home to extend a treatment.
- ◆ **Chinese Herbal Medicine** uses a combination of herbs to treat conditions. Formulas are individually written for you according to your specific needs. Patent medicine is based on classical formulas which are taken in pill or tablet form.

- ◆ **Reiki** is a precise method for connecting “universal life energy” with the body’s own innate healing abilities. It is primarily a hands on technique useful to restore homeostasis and promote the highest healing good.
 - ◆ **Craniosacral Therapy** is a hands on technique using extremely fine sense of touch to feel and follow the movements, streams and patterns of the body’s inner rhythm. In this way the body heals itself from the inside out.
 - ◆ **Gwa Sha** is a massage technique that uses a small device with ointment to promote blood circulation and relief from pain. It may produce redness on the skin which can remain for 1-3 days. A slight bruising or tenderness may also be experienced.
 - ◆ **Tui Na** translates as “pushing & grasping” and is a method of massage that uses soft tissue manipulation, acupoints and structural realignment to treat a wide variety of musculoskeletal disorders. It may produce a slight redness on the skin and/or muscular tenderness which will dissipate quickly.
 - ◆ **Visceral Manipulation** is a delicate hands-on manual therapy which moves internal structures to a more structurally aligned position to facilitate internal health and postural alignment.
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I have been informed that I have the right to refuse any form of treatment. I understand the nature of the treatment; risks and possible consequences involved with this treatment, and was given the opportunity to ask questions pertaining to my treatment. I also understand there is always a possibility of an unexpected effect.

Signature of Patient _____ Date _____

Printed Name of Patient _____

Practitioner Signature _____