

Welcome to my Integrated Energy Healing Practice

This sheet is designed to give you a bit more information about me and the way I work, and is intended to support you in your healing process.

Before the Session - Practical

Please arrive punctually as I have a busy practice. I often see clients one after another, and it's not fair to keep other people waiting.

Please complete the client details form which is downloadable from my website. It is most helpful if you complete this in advance of your session, and send it to me via email or post so that I receive it 24 hours before your appointment.

I also recommend downloading my free ebook on energy healing, which is available from the home page of my website (<http://www.fionacuttseenergyhealing.co.uk>.) You can also have a look at my website which has some information about what to expect in a session with me.

(<http://www.fionacuttseenergyhealing.co.uk/energyhealing.html> - what happens in an energy healing session.)

Before the Session - Inner Work

It's also useful if you could spend a bit of time reflecting on what it is you want to consult me about – what was happening in your life at the time the condition / issue started, and how you feel about the condition.

You will get the most out of your session with me if you are prepared to be open and honest with me about your emotional and physical experiences, and if you are prepared to really consider what you may have brought to your condition, and how you would be willing to work on changing this.

After the Session

It's really good if you have some space after your session to rest. I also recommend drinking a lot of water after the session (2 -3 litres over the following 24 hours), and that you refrain from drinking alcohol in the 24 hours after a session.

Reflecting on the session, and what you learned in it, and what implications this has for your life is also useful.

Confidentiality

The information you share with me will be treated confidentially. However, if you reveal that you or others are at risk of serious harm, I am bound by a duty of care to talk to other appropriate professionals. I would usually talk to you about this first.

I also have supervision sessions, where I may talk about the way I am working with you with my supervisor. I would do this in a way that protects your identity – and of course the reason for doing this is so that I may be as beneficial to you as possible.

Cancellation

We all lead busy and often complex lives, and from time to time you may need to cancel or rearrange an appointment. Whilst this is understandable, please give me as much notice as possible as I am quite busy. The more notice I have, the more likely it is that I can offer your appointment time to someone else.

If you need to cancel within 48 hours of the appointment, or if you don't show up at all, I will charge the full price of the session. It is unlikely that I will need to rearrange an appointment; if I do need to, I will give you as much notice as possible.

Length and Frequency of Sessions

Healing sessions with me last for 1 ½ hours. This includes case taking, hands on healing, review of session and planning for future sessions.

If you have a chronic condition, then it is most likely that regular treatments would be helpful. I often initially recommend that clients come weekly, fortnightly, once every 3 weeks or monthly. As you progress, the frequency of treatments can often be reduced.

If you have a specific issue, you want to deal with, a one-off session may be sufficient. However, it can also be helpful, if you have no particular medical concern, to come for a "top up" treatment from time to time. Keeping your energy field clear can help protect against physical illness and stress.

Fees

I charge £75 for a session. Please ensure that you are able to pay at the time of the session. I can only accept cheques or cash. If you have missed a session, payment is accepted by post within 48 hours.

Packages

It is my experience that making a commitment to yourself leads to positive results and that the act of signing up in advance for a series of sessions can have that effect.

For this reason, I offer clients the following packages:

3 sessions, to be used within 3 months, £218 (a discount of 3%), plus a free ½ hour session of lifestyle tips of your choice (meditation, energy exercises, nutrition).

5 sessions, to be used within 5 months, £356 (a discount of 5%), plus a free ½ hour session of lifestyle tips of your choice (meditation, energy exercises, nutrition).

8 sessions, to be used within 8 months, £552 (a discount of 8%), plus a free ½ hour session of lifestyle tips of your choice (meditation, energy exercises, nutrition).

Paying for the session, and arranging the next appointment can take valuable time out of the session. Committing to a package like this has the advantage of meaning your time with me is focussed purely on the healing work.

Thank you for taking the time to read through this document. I really look forward to meeting you, and to working with you.

Fiona Cutts, Dip IEH