

Date: \_\_\_\_\_

Dear \_\_\_\_\_,

Thank you for expressing your interest in my practice. As a healer and certified Brennan Healing Science Practitioner, I am here to support you on your path of personal development and physical healing. This can include a range of techniques including removing blocks and stagnation in your energy field, charging, clearing and strengthening your field, correcting energetic misalignments and distortions, and helping to identify and assist in transforming and transmuting old patterns that are no longer serving you. These can manifest physically, mentally, emotionally and/or energetically. In the Brennan Healing Science holistic model, nothing exists in isolation, and working in one area can, and does, affect them all. The goal is to give you, the client a new experience, opening you deeply to a new way, so that the body and energy consciousness system can access its natural ability to come back into balance and heal itself. I am here to serve as a partner for you in this process as your committed listener and mirror. In the course of our work together, we will explore areas that influence your state of well-being. We may address your health history, life stressors, belief systems and attitudes, your family and childhood history, diet, exercise, dreams, longings and how you are in relationships. **Your sharing is always kept confidential.** I do, however, discuss clients, without mentioning their names, with my professional supervisors or professional peers for the purpose of my continuing professional development and so that clients may receive the best assistance I am able to provide.

While I am qualified to work with clients as a Brennan Healing Sciences Practitioner, please note that **I do not medically diagnose or prescribe treatment. If you have a physical injury or disease condition, I ask that you also be in the care of a licensed medical professional, and I do not advise you to discontinue any medical treatment you may be receiving.** I may also recommend that you be in the care of a qualified psychotherapist to support yourself as you progress on your journey to whole health. As an integrative system, Brennan Healing Science is intended to work in harmony with and support any other healing work that you undertake, including traditional medicine and psychotherapy. Accordingly please feel free to discuss our work with your physician, psychotherapist or others on your care team.

In practical terms, sessions will usually begin with an opening interview in which we come together, so I can become familiar with your situation and with what you would like to work. This is followed by fully-clothed table work, usually starting with what Barbara Brennan has dubbed a chelation. This is a way to clear and charge the whole energy system that involves light physical touch on the joints and chakras (energy centers). Following this, a variety of hands-on healing techniques may be used to work specifically with the issues on which you are focused. There is always an open channel of communication between the client and healer, and your personal comfort with whatever is being done is always paramount. **If at any time during the session you are uncomfortable physically or otherwise, it is your responsibility to inform me immediately.**

Sessions usually last 1 hour and can be performed either in-person or at a distance over Zoom/Skype. Long distance sessions are capable of all the same healing capacity as in-person ones and follow a similar format to the above, with the client lying comfortably at home during the energy work. Whether in-person or long-distance, the first session will usually be 1.5-2 hours long, so that there is sufficient time to become familiar with your background.

We may prefer to set up a regular schedule to work, but there is never any obligation to continue treatment. My fee is currently \$100 per one-hour session and \$125 per 1.5 hour session, due at the time of treatment. Other services are offered at different rates. Please see my website for full details and further information: [www.catherinegiarrusso.com](http://www.catherinegiarrusso.com). I will give you 30 days' notice of any increase in my fee. If you cancel an appointment, please give me as much notice as possible. I ask for full payment for the session for no-shows, or if you cancel within 24 hours from the scheduled time.

In signing the acknowledgment, 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,  
Catherine Giarrusso

I hereby acknowledge receipt of this notice and agree to the terms described herein,

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Signed

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Print Name

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Date