

Ruth Illger // EFT – Liability Agreement

The tools shared by Ruth Illger are not intended to diagnose, treat, cure, or prevent any physical or psychological illness or mental health disorder. Consequently, her resources do not provide medical diagnoses nor do they offer cures. EFT and other modalities are considered complementary or adjunct treatment options; therefore, they do not replace healthcare treatment from medical professionals.

Emotional Freedom Techniques draws from acupuncture, cognitive reframing, exposure therapy, and other time-honoured approaches to healing. Subtle energies and gentle stimulation of meridian points via tapping while focusing on emotional issues is believed to reduce stress hormones in the body, thus returning the body to a state of balance. EFT is a gentle self-help method used to release and resolve physical and emotional distress by clearing blocks in the body's energy system. There have not been reports of distressing side effects when EFT is administered by a qualified practitioner, but this statement does not mean that you will not discover negative side effects for yourself. If you do experience side effects, you commit to notifying Ruth and taking the best course of action.

These techniques may bring to the surface issues and memories that need addressing, perhaps ones you were not aware of before the client-practitioner relationship began. If this happens, you agree to inform your practitioner as soon as is reasonable. Your consent to use these techniques involves your voluntary agreement to take full responsibility for your well-being, progress, and behaviour and to indemnify practitioner, Ruth Illger.

While EFT is a technique that has produced remarkable clinical results and is gaining scientific support, it is not a replacement for Psychiatric, Psychological or Medical treatment. As we work together there is no guaranteed outcome in any individual or individual session. Sessions are a time to engage with and learn tools to address the emotional side effects of triggering events.

I acknowledge that I have read and understood the above statements regarding EFT and discussed concerns with Ruth Illger. Therefore, I consent to EFT freely and without duress of any kind and agree to indemnify and hold harmless Ruth Illger,

information on her website, and resources she shares, from any claim, action, loss, liability, damage or suit, arising from my participation and use of the information and techniques.