

Neuro Emotional Technique Consent Form

Please tick

I understand that Neuro Emotional Technique may bring up painful emotions. (Often the technique can make emotions more acutely felt, this is part of the process).

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I understand that the technique is able to change how I feel, but my emotional wellbeing is my responsibility. The technique may make me tired and more emotional afterwards. (The technique aims at shifting the neurological response from a *fight or flight* to *rest and digest*. This can often cause someone to feel drained and want to take a nap afterwards.)

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I understand that any memories that come up may not accurately depict the actual reality of events. (In NET this is called *Emotional Reality* and certain memories discussed may not be in line with the persons understanding of facts. This is related to how the subconscious perceived the stimulus and not what the historical sequence of events actually was.)

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I will comply with the basic instructions the practitioner delivers. I will not try and influence the muscle testing with what I think. (This is important. Often times people think they know what is wrong and where it comes from. This technique is working with the limbic system (emotional brain) and subconscious. Things often go in a different direction than what the participant expects.)

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I understand that the practitioner may recognise when a large emotional release has occurred and know when it is best to finish the session at a point that they recognise is best. (Some emotions are more superficial and easier to process, however, some emotions are deep seated and form a significant part of how we perceive reality. When these are released there can be quite a significant shift in the mind-body and it is best to allow them to be processed without delving any further.)

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I recognise the practitioner may stop the session at any point should they feel that the technique is not the right course of treatment for me. (Some emotions can be related to toxic overload or nutritional stress. For example Hydro Chloric Acid and Magnesium deficiencies often make someone feel anxious or panicked.)

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I understand the practitioner may recommend dietary changes, supplements, or physical treatment modalities to help with the symptoms I am experiencing. (As described on the Active Health website, NET has a 'Home Run Formula' which consists of 4 bases that contribute toward a person's emotional well-being. These are Emotional, Structural, Toxicity, and Biochemical/Nutrition.)

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I understand that this is a stress reduction technique and not a talking therapy. The practitioner cannot give advice or discuss how to change situations in my life. (Participants will be asked to discuss why certain emotions are present so as to find the memories pertaining to the stress. However, practitioners do not discuss ways of rectifying those situations or circumstances. The technique aims at reducing the emotional charge.)

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I understand that this is a mind-body technique and the practitioner will be using muscle testing and touching areas of the body related to the technique. (Areas that are often touched are the wrists and areas of the torso. If a sensitive area of the body may need to be investigated, such as the navel, the practitioner will discuss this prior.)

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I understand the practitioner has attended 2 seminars, and learnt the 'Basic' and 'Next' levels, and is not a certified practitioner at this stage. (Ed Marshall is fully trained in NET and has significant experience with this technique on previous clients. He will be taking the certification exam in the future.)

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Print name: _____

Date: _____

Signature: _____