

## CONSENT FORM TO RECEIVE WELLNESS SERVICES FROM ELENA FITENKO

### Disclaimer

I understand Elena Fitenko is certified biofeedback specialist and quantum naturopath coach, and that she will train me with biofeedback for relaxation and muscle re-education so I can learn to reduce my stress, manage my pain, and improve the quality of my life. I further understand that she will refer me to qualified experts for any other concerns I have about my health and wellness.

### Scope of practice

I understand the intended purpose of biofeedback training and other modalities offered by Elena support wellness and are for well-being, relaxation and muscle re-education so I may learn to: 1) reduce my stress, 2) manage my pain, and/or 3) improve the quality of my life, 4) educate myself in wellness field, 5) be well. I understand biofeedback training is generally considered safe, but it is possible that biofeedback may exacerbate some emotional problems or I may become drowsy, at least temporarily, during the biofeedback training sessions. Other potentially harmful side effects not yet reported may occur. I agree to advise Elena Fitenko anytime I feel any side effects, so corrective steps may be taken to alleviate my discomfort.

I further understand biofeedback is not a substitute for effective standard medical, chiropractic or psychotherapy treatment or veterinary treatment for my pet. **Elena Fitenko has advised me to continue ongoing medical treatment and therapies until otherwise advised by my psychotherapist, physician or medical practitioner.** I understand it is important for me to stay in close communication with my physician. I further understand it is my responsibility to ask my medical doctor for permission to undergo biofeedback training if I wear a pacemaker or have any medical condition that may be exacerbated by relaxation. **I further understand it is my responsibility to continue my medication and remain under the care of my primary physician or medical practitioner.**

I have selected this service by my free informed choice. I am aware of Elena Fitenko qualifications and certifications. I am simply seeking wellness enhancing suggestions that could reduce stress and thus improve my present health and future wellness. I am not here for medical diagnostic or treatment procedures. I am here on this and any subsequent visits solely on my own behalf. I presently seek biofeedback and other programs within the scope of the Elena Fitenko for stress reduction, relaxation, pain management and wellness improvement.

I understand it is my responsibility to monitor the effects of biofeedback training and to continue the training as long as it is beneficial to me. I will tell Elena Fitenko anytime I experience any discomfort during biofeedback training. I further understand that research suggests that while most people gain considerable benefits from biofeedback training, some people may not gain any benefit. **I have every expectation that biofeedback will provide me some benefit, but I understand there is no guarantee that it will.**

### Privacy policy

I understand my identity and any information about me, whether I share it with Elena Fitenko or she discovers it on her own, will be held in the strictest confidence. Except when released by me or specifically required by law. I have the right to waive this confidentiality agreement in whole or part at any time. I also understand that I may give Elena Fitenko permission in writing to contact my primary care practitioner or specialist with regard to the training provided by her and the results I obtain. I have the right to withdraw this permission at any time.

**Payment policy**

I agree to pay Elena Fitenko for her services, based on her set fee schedule or otherwise negotiated for each session or package. In the event my check bounces, I agree to pay full restitution plus an additional \$30 fee as a penalty. I understand that in case of paying by credit card I will be charged additional 3% of total cost of my purchase.

**I understand that if my appointment is cancelled with less than a 24 hours' notice, or I do not show for my appointment, I will be charged 50% of my session rate the first time, 75% the second time, and charged 100% thereafter.**

**Dispute resolution**

I agree that in the event Elena Fitenko and I are unable to reach an amicable solution to any issues between us, we both agree to accept the decision of an arbitrator to be final and binding. I will not be required to pay a penalty above whatever amount the arbitrator finds equitable.

**False representation**

I promise to immediately inform Elena Fitenko if I am government official or if I represent or am affiliated with a news media company or corporation. My permission to receive a session is totally contingent upon such disclosure by me and my refusing or neglecting to do so would constitute a fraudulent deception on my part.

**Client Warranty**

By signing below, I acknowledge that I have read and understand this document, and have received acceptable answers to all of my questions about biofeedback services. I consent to receive biofeedback training and wellness consulting from Elena Fitenko. I warrant I am not under duress at this time and my consent is given voluntary and without coercion. I further understand I may discontinue biofeedback training at any time.

**Name (please print)**

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**I give permission to contact me by:**  
( check all categories that apply)

Mailing address

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Home Phone

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Cell Phone

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Work Phone

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E-mail

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**Date of birth**

**Place of birth**

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**Date** \_\_\_\_\_ **Signature** \_\_\_\_\_