

DISCLAIMER: EFT (Emotional Freedom Techniques) is a member of a new class of treatment techniques and protocols referred to as Energy Therapy. While still considered experimental, these techniques are being used by therapists, nurses, physicians, psychiatrists and lay people worldwide. While there are theories as to how they work, why they work, and why they sometimes don't work, there is no accepted scientific explanation. As a result of their experimental nature, no EFT practitioner knows with certainty in advance how someone can be helped or if the techniques will help a particular person with a particular problem.

I acknowledge that I voluntarily chose to attend this **EFT Workshop**. I agree to take complete responsibility for my physical and emotional well-being while attending.

I accept that my instructor does not recommend that I, or any person with whom I may use the techniques, stop using any prescribed medicine or other therapy that I or he/she may be using, without consulting my (his/her) physician, even if the techniques appear to indicate that such medicine or therapy is unnecessary.

I understand that I am under no obligation to participate in the live demonstrations offered during the workshop. However, if I choose to participate, I hereby give permission for the Instructors to demonstrate EFT by applying touch to my physical body as necessary for instruction.

I fully release my instructor and any other person(s) who assist them as well as the Tolstoy Foundation from any and all claims and causes of action that I presently have or may have in the future relating to my participation in this workshop. **I agree that my emotional and physical health is my own responsibility.** I accept the risk of any adverse outcome that might result from attending the workshop or using the techniques demonstrated at the workshop.

I certify that I have read and understand the above release and disclosure statements.

PRINT NAME

Signature

DATE