

Client Information

What is acupuncture?

The intent of acupuncture therapy is to promote health and alleviate physical and emotional pain and suffering.

It is based on the belief that we have a vital energy, called "*qi*", that circulates through twelve invisible energy lines on the body, known as *meridians*. Each meridian is associated with a different organ system. An imbalance in the flow of *qi* throughout a meridian is how poor health conditions begin. An acupuncturist is able to influence health by stimulating certain areas along these meridians and adjust the *qi* so the right amount reaches the best place at the proper time. This then helps your body heal itself.

Acupuncturists insert fine sterile needles into specified points along the meridian lines to influence, stimulate and restore balance to the flow of *qi*. To reassure you I only use single-use, sterile, disposable needles.

If you would like to know more information about how acupuncture works then please ask me and I will be happy to explain in more detail.

Does acupuncture hurt?

There is the perception that acupuncture must hurt as it involves needles! The insertion of the needles is so quick and the needles are so fine that there is hardly any sensation at all. Some people do not even know the needle has been inserted! Once the needle has been inserted I will look to find the *qi* to manipulate the energy flow. During this time you may feel a variety of sensations from numbness to a dull ache, and from tingling to a very mild electrical shock. It is different for each person. This feeling may quickly subside or remain for the duration of the needle insertion. Most people describe acupuncture as calming and often say that they forget about the fact that needles are involved!

Is there anything you need to let me know?

Apart from your medical history it is very important to let me know:

- If you are pregnant.
- If you have ever experienced a fit, fainted or had a funny turn.
- If you have a pacemaker or any other electrical implants.
- If you have a blood disorder.
- If you are taking anti-coagulants or any other medication.
- If you have damaged heart valves or any other risk of infection.

Are there any side effects?

Acupuncture is generally considered very safe. There are some possible side affects, which occasionally occur during or after treatment, and you may or may not experience these. These may include:

- Headaches - this is usually due to qi being moved
- Numbness or tingling near the needle site which may last up to several days after treatment.
- Minor bleeding can occur at the time of removing the needle but quickly stops
- Minor bruising can occur after treatment around the area of needle insertion
- Fainting, nausea, drowsiness and dizziness. If affected you will be advised not to drive and I will also ensure that you are looked after until you feel better.
- Temporary aggravation of pre-existing conditions.

If I feel there are any particular risks that apply in your case I will of course discuss this with you prior to treatment.

Depending on the treatment required clients can feel tired, relaxed or extremely energised after treatment. It is best to arrange something that is relaxing for immediately after you treatment.

How is coaching used to support the acupuncture?

Acupuncture works on the mind, body and soul. The coaching assists in exploring any mental and logical thinking processes to find what is affecting the flow of your energy and causing blockages. This allows me to ensure the acupuncture supports you in making the changes required. It also means you are consciously thinking about the issue(s) as well as being supported at a more subconscious level, so we cover it from all angles! I have worked with clients either on a purely coaching or purely acupuncture basis and have found that using the combination of both is far more effective and produces the best results.

What is your role as the client?

This is a two way process - the treatment will support you in the change(s) you want to make - it only achieves it with your commitment to the process. This may mean you will need to make some changes to your lifestyle and you will need to break some old habits or thought processes. We will discuss any specifics that will help you to move forward and achieve your goals and I will provide you with guidance and support.

How many sessions will I need?

This is difficult to answer as it depends on the condition and the person. For the conditions I typically specialise in it is likely that you will need somewhere between 6-12 treatments. This may be shorter or longer. However if you have had the condition for a number of years or even months it is likely that a higher number of treatments will be required. We will discuss what your likely treatment plan will be and we will review this every six treatments to ensure you agree with the course of action we are taking. In addition once people get to experience how successful treatments are they often want to work on other aspects of their health and well being.

Treatment Information

The first treatment is for two hours. All subsequent treatments are either of 60 or 90 minutes duration each. The choice of duration will depend on what is being treated, how intensively you would like to work and any financial considerations you may have. We will discuss duration of follow up treatments on completion of your first session.

During the first treatment I will initially start by taking a detailed health history. I will ask you a range of questions about your symptoms as well as your eating, exercise, sleep and anything else that gives me a



deeper insight into your health. We'll also have an in-depth discussion about the effects that lifestyle and emotional and mental well-being can have on the body and how they may be affecting you. This will be built upon during the subsequent treatments.

As part of the coaching element of the treatment I will sometimes ask you some challenging questions and we will explore these together at an appropriate level that works for you.

I will also ask to take your pulse and look at your tongue in order to assist with my diagnosing the best treatment for you at that time.

Prior to coming for a treatment please try to avoid the following for at least 2 hours (longer if you can manage it!):

- Consumption of caffeine and/or alcohol

- Exercise

- Smoking

It is recommended that you eat a light to moderate meal 2 hours before your treatment.

If you take recreational drugs please inform me when the last time was you took these as this impacts heavily on the treatment that can be conducted. If you have taken recreational drugs within 48 hours of your appointment it is unlikely that I will be able to provide you with a treatment.

It is best for you to wear comfortable loose fitting clothing. There may times where it will be necessary to take off some items of clothing to allow me access to certain points but this is minimised by the use of loose clothing.

After your treatment I will ask you to keep a short and simple daily diary to enable us to monitor and measure your progress over the treatments. I may also ask you to carry out other tasks or to review certain aspects of your life. Again this helps you to move forward more quickly.

Confidentiality

Just to reassure you that everything we discuss is completely confidential. I will not even tell anyone that you are having acupuncture and coaching with me. Obviously if you choose to discuss your treatment with someone that is entirely your choice but I will never share any information with anyone else.



Payment

The first two-hour treatment is £ 90

Subsequent 90 minute treatments are £ 90

Subsequent 60 minute treatments are £ 65

Seasonal/Maintenance Treatments are two hours long at a cost of £ 120

Payment is required at completion of the treatment by cash or cheque only. Payment can be made by BACS prior to treatment taking place. Please contact me for details if you wish to pay by this method.

Cancellation

Once an appointment has been made a minimum of 48 hours notice is required to cancel an appointment. If notice of cancellation is received with less than 48 hours notice then the full charge for that appointment will be made.

If a client turns up 15 minutes or later after their appointment time it will not be possible to conduct a full and appropriate treatment. In this circumstance it is likely that the session will be treated as a cancellation with little or no treatment being provided and a full charge still made.

If you have any questions or would like to know anything else then please give me a call.



Consent Form

Once you have read and agreed with the information provided please sign the below consent form and bring this with you to your first treatment.

Obviously if you have any questions or queries please contact me to discuss these before signing the consent form

Statement of Consent

I hereby request and voluntarily consent to acupuncture treatments. I have read and understand the benefits and possible side effects of acupuncture and have had the opportunity to ask questions. I understand that while this document describes the main side effects of treatments, other side effects may occur. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

Signed

Print name in full

Dated/...../.....