



Sylvia Becker-Hill

Mastering the Power of Strategic Change™

...with Neuroscience and Emotional Intelligence



Consent Form for a Free ProEFT Discovery Session with Sylvia Becker-Hill

You are applying for a free 30-minute ProEFT Discovery Session.

I'm a business coach, not a therapist, and I do not have a degree in psychology or medicine. As a member of the International Coach Federation, I work under the ICF code of ethics, which you can see here: <http://www.coachfederation.org/about-icf/ethics/icf-code-of-ethics/>.

I've been trained and educated in a wide variety of methods and tools. You can find details about my education and training here: <http://sylviabeckerhill.com/about/educationtoolbox/>.

As part of my coaching toolbox, I offer a type of energy technique identified as Progressive Emotional Freedom Technic ("ProEFT"). ProEFT appears to have promising mental, spiritual, and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. The form I use follows the school of EFT Master and AAMET Trainer Lindsay Kenny. EFT in its original form was developed by Gary Craig.

EFT is a relatively new healing and change management approach and the extent of its effectiveness, as well as its risks and benefits, is not fully known. The prevailing premise is that EFT uses the ancient Chinese meridian system to relieve emotional stress and physiological pain, and it balances the energy system with a gentle tapping procedure that stimulates designated meridian end points on the face and body.

By signing this document you understand that ProEFT could be considered experimental. If you ever have questions or concerns about the nature of the theories and methods I use, including ProEFT, please feel free to ask me for further resources or references.

As an intentional and conscious participant in your growth, you will ultimately take all responsibility for any actions related to furthering your life journey and the change projects you pursue.

Signature and Date

