Disclaimer & Client Responsibility

Emotional Freedom Techniques (EFT), also known as "tapping," is a complementary approach to wellbeing that draws upon elements of cognitive therapy, exposure therapy, and acupressure. While EFT has shown promising results for many, it should not be used as a substitute for medical advice, diagnosis, or treatment from a licensed healthcare professional.

Please note:

- I am in training and working towards my Level 2 in EFT
- I am not a licensed medical doctor, psychologist, or psychiatrist.
- EFT is not intended to replace any medical treatment, psychological therapy, or prescribed medication.
- Results vary from person to person, and no guarantees can be made regarding outcomes.
- I am registered with EFT International, the governing body, as a student member
- I have both public liability and professional indemnity insurance

By participating in this training or any 1:1 session, you acknowledge that:

- You are responsible for your own emotional and physical well-being.
- You will seek appropriate professional support when necessary.
- You understand that any decisions or changes you make in your life as a result of EFT sessions are your responsibility alone.
- You understand that I am in training and not being paid for the session.

Client Responsibility Clause:
You are the expert in your own life. This work is collaborative, and while I guide, teach, and support you with tools and knowledge, your growth, healing, and transformation are ultimately your responsibility.

You agree to take full ownership of your process, to honour your boundaries, and to seek additional support if needed.

If you are experiencing intense emotional distress, please get in touch with your GP, a mental health professional, or emergency services immediately.

Dated: September 30th 2024

Faraday Fearnside