

Lles Sythweledol

April Madsen, CECP, CBCP, CMHC

Congratulations! You have made the decision to invest in yourself, your health, and your well-being. I am excited and honored to join you on your journey to wellness.

I wanted to let you know what to expect and explain a little bit about how our sessions will work.

About Your Session

I begin each session by touching base with you and what concerns you have at this time. In our initial session, I want to get to know you and what brings us to working together. In subsequent sessions, I will follow up with your progress, changes you are noticing, etc. If you have more information to share than can be covered briefly then please send me an email before your session so we can maximize our session time.

For each session, we will establish a baseline of stress so that we can monitor any progress made. If you have scheduled for Resonating Relationships or Abundance Blocks sessions then our first session will be an assessment to determine your baseline and help both of us keep track of your progress in addressing your concerns in these areas of your life.

In-person: In person sessions will be arranged with you prior to your scheduled appointment so that we can meet at a neutral location. Your session results will be sent to you via email within 24 hours of your scheduled session time.

Remote sessions: For sessions not held in person, you have the options of a session over the phone, via Zoom, or by email. Phone: As the client, please call me at 801-988-9621 at the time of your appointment. Zoom: Please click on the link sent to your email to access your Zoom session at the time of your session. Email: please expect results from your session in your email within 24 hours of your scheduled session time.

As a courtesy, I ask that you be on time for your session and I will endeavor to run on time as well. This will ensure that you receive the full benefit of our time together. I often run very tight with my schedule and am not able to extend your session if we start late. I do know that running late can't be avoided from time to time, so please just touch base if you are running late, and I commit to doing the same for you!

Session Options

Below is an example of my 30-minute Emotion Code Single Session. I also have an Emotion Code package for 3 sessions or 6 sessions depending on your needs. I also have other session options available.

30-Minute Emotion Code Session: This session is meant to target a specific area of healing. I also work with children and adolescents in 20-minute sessions so that they are not overwhelmed in any way. This time is spent understanding how you are feeling and what you would like to accomplish in your session, and then performing energy work for you. I offer a discount when clients purchase a bundle of 3 or 6 individual sessions. This also allows me to book you further out in my calendar, securing convenient session times for you. On average, most emotion-based Issues can be taken care of in 6 sessions.

Once you have completed one cycle of sessions, we will determine the next course of action together. My goal is to help you recover and feel better as quickly as possible, and then move you to a monthly or quarterly maintenance program so we can continue to keep you balanced.

Benefits and Post-session Processing

Most people say that energy techniques help them feel lighter and freer, but I also see the disappearance of health issues and emotional issues. Your results will depend on how much work there is to do and how quickly your body responds.

The human body has an incredible innate ability to bounce back and heal itself from all kinds of stress, trauma, sickness and disease. But this self-healing ability is dependent on the right conditions. If the body is imbalanced, it won't be able to heal itself as well as it should. This allows problems to build up over time, some never being fully resolved. Most people are in this kind of state and suffering from it, but the good news is that this process is often reversible. This is a very powerful way to restore health to the body, by making the conditions right for it to re-balance itself.

Working with The Emotion Code or The Body Code has helped thousands of people create a profound shift in their emotional and physical wellbeing. Please keep in mind that after a session, you can expect that you will go through a healing period that we call processing which usually this lasts 1-3 days. Occasionally (less than 20% of the time), there may be some symptoms that come along with processing and I want you to be aware. Usually this is something minor, such as emotional irritability or a little fatigue, but it could end up being something more uncomfortable like headache or nausea. It all depends on what we released, what is going on with your body at the time, your stress level at the time and many other external factors. You can make the processing period easier by getting extra sleep the night before, drinking a lot of pure water, and avoiding stressful situations. I recommend listening to your body and giving your body what it is asking for to help alleviate processing symptoms.

Scheduling, Fee Payment and Client Responsibility

As the client, it is your responsibility to schedule your appointment. You can access my scheduling via my website [provide link], my profile on the Practitioner Map at www.healerslibrary.com, or through the client portal on vCita <https://live.vcita.com/site/LlesSythweldol/>

You will be reminded of your upcoming appointment via email (text?) 24 hours prior to your appointment. If you need to reschedule, please do so via the vCita client portal or contact me at least 24-hours prior to your appointment.

Payment: Payment is required at the time of scheduling the appointment if paying online, or due at the time of your scheduled appointment if in person.

Your first session is scheduled for: [day of the week], [day, month, year] at [time] at [location].

Again, I am honored to work with you and look forward to our first session together!

April Madsen, CECP, CBCP, CMHC

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Disclaimer: Energy Healing promotes harmony and balance within, relieving stress and supporting the body's natural ability to heal. Energy healing is widely recognized as a valuable and effective complement to conventional medical care. While Emotion Code/Body Code is a gentle, complementary energy-based approach, there may be risks. Energy work performed via The Emotion Code, The Body Code, and other such modalities, whether in person or by proxy, is not a substitute for medical care. This information is not intended as medical advice and should not be used for medical diagnosis or treatment. I make no claims as to

healing or recovery from any service and no guarantee is made towards validity. Information given to you by April Madsen is not intended to create any physician-patient relationship, nor should it be considered a replacement for consultation with a healthcare professional. If you have questions or concerns about your health, please contact your healthcare provider.