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Informed Consent for Emotional Transformation Therapy™ (ETT)

Our eyes are sensitive to light and ETT strategically uses a small region of the electromagnetic spectrum labeled "visible light" to help individuals in their healing process. This "visible light" corresponds to a wavelength range of 400 nanometers (violet) through 700 nanometers (red). A trained ETT therapist uses this visible light to assist clients in tapping into their inner resources as well helping individuals navigate to the deeper underlying issues that may present themselves as anxiety, depression, PTSD, etc. As with any form of psychotherapy, uncovering unprocessed material can result in the temporary escalation of emotions. If emotions become unmanageable, you are encouraged to contact your therapist to set up an additional appointment.

A number of articles and case studies have been written about ETT in peer reviewed journals in addition to Single Photo Emission computed tomography (SPECT) scan studies have been conducted on the effectiveness of ETT. While these published case-studies support the assertion that ETT is effective, they do not meet the criteria for empirical research.

Please be aware that any light stimulation devices used are not recognized by the FDA as medical devices. Although some research findings are known, there is presently not enough for it to be recognized as standard treatment.

I understand the premise of Emotional Transformation Therapy™, its potential benefits as well as the possibility of symptom escalation. With this understanding, I understand and consent to the treatment of ETT.

Signed

Date

Witness