

INFORMED CONSENT & DISCLAIMERS

About Melissa

Melissa Lester offers individual and group EFT Tapping sessions, workshops, trainings and events. She has been training and practicing EFT Tapping since 2013 when she first trained in Denver, Colorado. Since then, Melissa has taken many times the required coursework and trained with multiple mentors.

Melissa is an EFT International Tapping Trainer with significant specialized training in “Emotional Freedom Techniques,” also referred to as Tapping. Melissa also has extensive expertise and experience using other modalities and may, occasionally, incorporate other skill sets into her EFT Tapping offerings when they are helpful.

Melissa has used Tapping and its related techniques with clients since 2013 in multiple settings including individual and groups, online and in person, small workshops and large conferences. She has presented to professional associations (NASW-GA, GSCA, GASCA, GACA, United States Veterans Administration, EDIN, Clarity Fitness and many others.

About This Informed Consent & Disclaimer

To help you make an informed decision about your attendance and participation in this offering, it is important that you read and understand the following information carefully. Doing so will enhance your understanding of what Tapping is, what it is not, and what some of the experiences, effects and outcomes of Tapping and related techniques can be.

I have made every effort to make this document simple and easy to read while also making it comprehensive. You are required to endorse your understanding of this document and all the information in it before attending or participating in any of my EFT Tapping offerings. I hope you will read it thoroughly and make the most informed choice about what is right and best for you. Please also feel free to email me any questions you have prior to participating.

You have also been offered the option to print this Informed Consent & Disclaimer document, read it at your leisure and are welcome to un-register at a later date if you would like.

Informed Consent & Disclaimer

You are accepting full and complete responsibility for your own wellbeing. It is important that you read and understand the information shared with you in this document.

The information shared with you on this website or any session, workshop, training or other events, including ideas, suggestions, and other materials is educational in nature only and is not medical, psychological or other professional advice or treatment. Attending an event with Melissa Lester, EFT International Tapping Trainer does not imply or create a client-facilitator relationship or a professional relationship of any kind with Melissa or anyone working with Melissa in any capacity.

You understand that by viewing this website or attending any events presented by Melissa Lester you will be learning about manualized acupressure, commonly referred to as ‘Tapping’ techniques, ‘EFT,’ or ‘Emotional Freedom Techniques.’ All techniques are taught in a ‘self-help’ format, meaning you are taught to use EFT Tapping on and for yourself.

EFT Tapping can also be used in wellness and therapeutic settings by professionals with sufficient training to work with others. EFT Tapping is not limited to professionals and can also be used by anyone with the appropriate level of training and expertise.

What Could Happen?

So, you wanna Tap! Fantastic. There are so many positive outcomes that can be achieved with Tapping. And/but here are some potential unexpected things you might experience along the way. Some of these are just in the 'FYI' category. Others may be reasons you decide you aren't ready to Tap, aren't ready to Tap online with a group or just want to make sure someone is at home with you when you do join us.

Most importantly, if you suspect you are holding in or containing a great deal of emotional distress or trauma that has the potential to overwhelm you, I recommend trying Tapping in person with an expert in the beginning. Or, at minimum, making sure someone is at home with you so that if you need comfort and support it is available to you. Tapping for complex issues should always be done in a one-on-one setting with a highly trained professional. Please do ask for your practitioner's credentials, level of training and specific areas of expertise.

My approach, especially online, is always to demonstrate and teach staying focused on what's happening *in your body* while we Tap, because this is the gentlest way to connect with all forms of distress, while keeping our emotions at bay as much as possible. *It is possible to process emotions without focusing on the emotions. Yup, it's true.*

Physical sensations you might experience include itching, burping, coughing, tingling, traveling physical sensations and more. The intensity of your experience might initially increase as we focus on it, and then decrease as your Nervous System processes it and then downward regulates. After Tapping, you might feel tired and thirsty. These are all very common experiences as we tune in to the body and aid it in processing our experiences quickly.

The Research, the Naysayers and the Reality

There are over 300 peer reviewed studies on EFT Tapping and related mechanisms. Many of these are Randomized Controlled Trials and over 98% of these studies show a positive impact. EFT Tapping research can be reviewed [here](#).

As always, there are individuals and organizations who feel challenged by change and new ideas. Especially new ideas that *actually work*. And so you will find some very traditional groups of professionals invested in attempting to discredit EFT Tapping. Please be mindful of your sources of information.

EFT Tapping is simply the practice of activating and deactivating our own Nervous System. It is a practice that processes distress quickly so that we can return to a calm and restful baseline. Essentially, Tapping allows us to regulate our emotional state, slow our mind, lower multiple bio-stress markers (cortisol, blood pressure, etc.) and achieve other positive effects of a regulated Nervous System (improved immunity, less depression, less physical pain).

Call it what you will – alternative, complementary, new, old, energy work, emotional regulation. Chances are good that if you have a Nervous System, Tapping will be helpful for you. *And I happen to think that's what really matters.*

Hold Harmless

Any information presented on this website or in any session, event, workshop, conference or other offering does not constitute a warranty, guarantee, promise or prediction regarding the outcome of any individual or group using any material contained herein for any particular purpose or issue.

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To request permission to share any information found on this website or in sessions, workshops, trainings or other events, please email me at Melissa@MelissaLesterLCSW.com.

Thank you!