

Consent Form

For Network Care including NSA and SRI

**Please read and sign on the back for consent to receive NSA and SRI Care.*

Hello, Welcome to the Holistic Healing Center using Network Care, a combination of Network Spinal Analysis (NSA) and Somatorespiratory Integration (SRI). Please read the following description, purpose and expectations of NSA and SRI. If you are interested in receiving Network Care, please give us your consent by signing the back of this form.

Dr. Jennifer Lees and all other covering chiropractors at the Holistic Healing Center provide Network Care (NSA & SRI), a low force approach with guided exercises which has unique outcomes and clinical results. These practitioners choose to practice Network Care, as she/he is professionally and personally confident in regard to the safety and effectiveness of this form of care.

The Holistic Healing Center provides care in accordance with the *Council on Chiropractic Practice Guidelines* and the *Canon of Ethics of the Association for Network Care*. The chiropractors in this office have been trained in traditional chiropractic care and certified in the procedures of Network Spinal Analysis Care and Somatorespiratory Integration.

The purpose of this consent form is to help you better understand the nature of the services offered in this office and our mutual responsibilities. This fosters a more effective relationship and avoids misunderstandings regarding expectations. Having well understood expectations is anticipated to promote a greater sense of safety and healing.

NSA does not attempt to manually, or by instrument, manipulate spinal fixations structurally (often associated with a snapping or popping sound), nor does it directly treat painful areas of the spine and body. The care in this office is different from what many consumers may expect from chiropractors practicing manipulative therapy. ***Instead, by enhancing your body's awareness of itself and specifically your spine, you can develop new strategies for healing, adapting to stress, and experiencing wellness. These strategies promote spontaneous self-correction and self-regulation of spinal tension patterns and healing.***

The use of NSA consists of gentle touch contacts along the neck and back to achieve greater communication between the brain and the body, and new sensory and motor strategies. NSA adopts an approach associated with somatic (body/spinal awareness) training. There is a body of research characterizing NSA care and documenting its unique and significant wellness benefits. You may obtain copies of published research articles and or abstracts in this office.

By consenting to care in this office you will be receiving gentle touch Network adjustments, also called entrainments and guided exercises of SRI. Assessments of you progress will include monitoring of you spine and body awareness, responsiveness to inner rhythms, tension and ease patterns. At regular intervals, following commencement of care, re-assessments will be performed. These will include your personal perception of your wellness and your awareness of your spine and body-mind changes. Dr. Jennifer Lees will report all improvements to your spine and neural integrity, as well as, your ability to self-regulate tension and to re-organize your spine.

NSA and SRI are advanced through a series of Levels of Care. Each Level of Care involves the development of new and unique spontaneous spinal wave motions, other body movements, and oscillations. These waves, which are suggested to be associated with the greater spinal stability, the re-distribution of energy, and the transfer of internal information are also associated with greater wellness, improved quality of life, and increased life enjoyment.

In addition to Network Care and wellness education, Dr. Lees may perform additional examinations or assessments, as well as, offer health/spinal care or advice that is consistent with your individual needs.

The care offered at this office is not a form of, or replacement for, the diagnosis or treatment of any symptom, disease, or malady. Instead, it is a form of wellness care and self-education that empowers your connection with your body-mind and develops new strategies for spinal and nervous system integrity and wellness. It develops new ways for your body to identify, spontaneously release, and redirect tension; this includes those developed strategies that are unique to NSA care.

It is common for people receiving Network care to breathe more deeply and fully, which creates the respiratory wave up the spine and melts stress. It is common to spontaneously adapt to new postures that release or redistribute tension. It is common to experience increased life energy.

It is common to experience a wider range of motion and emotion during care. It is common, as care progresses, to find new options in the body and in life, which often lead to significant life changes. ***This form of care is NOT suggested for those individuals who wish to remove a symptom or condition without the occurrence of other fundamental changes in their lives. The care in this office often promotes significant changes in health choices, lifestyle, experience of the body-mind, emotion, and consciousness.***

Rather than attempting to simply return you to your previous state of health before the symptoms began, Dr. Jennifer Lees chooses to help you achieve new levels of health and wellness, as well as, increased life potential that you may never have had before.

Yours in health and wellness,

Dr. Jennifer Lees

I, _____ have read, or have heard read to me, the CONSENT TO RECEIVE NETWORK CARE and understand these concepts. I understand that I request and agree to receive care, which consists of or includes NSA, SRI and wellness education. I understand that I am not passive in this process, but that I am an active participant in my care and in my healing.

Signature: _____ Date: _____