

Kuadra Consulting Service, LLC
Licensed Professional Counselor Provider
4100 East Piedras Drive Suite 262 San Antonio Texas 78228
Telephone (210) 314-7687 Fax (210) 314-7494
Email: kuadracs@gmail.com Website: www.kuadracs.com

ALTERNATIVE-HOLISTIC WELLNESS- ENERGY THERAPY

I offer an integrated clinic that draws on my extensive understanding of alternative and Western medicines to offer each patient a total healthcare experience. The holistic approach to wellness is a concept that invites all aspects of a person's needs. This includes the psychological, physical, social, and spiritual elements. It is my goal to help clients better understand the importance of the mind & body connection to their health care. At KUADRA we believe a holistic approach to wellness is necessary.

Over the years, I have learned to weave these therapies into talk therapy and translate information into clinical lingua. This allows me to utilize counseling hour billing. However, some therapies such as Bio-Well and Aura Imaging are not covered by insurance. Information about cost for services will be provided prior to any use of modalities.

My holistic wellness approach combines experience in the following:

Biofeedback

Aura Imaging

Bio-Well Health Assessments

Meditation

Hypnotherapy,

Natural Essential Oils

Solfeggio Sound Frequency

Intuitive Psychic Readings

Numerology

Ayurvedic Astrology

Soul Contract Decoder

Shamanic Sound Healing

Bio-Field Energy Healing

Biomat

Natural Crystals

DISCLAIMER

Kuadra introduces to the newly emerging field of energy therapy ("Energy Therapy") to psychotherapy/mental health practice. Energy Therapy is a collective term used to refer to a variety of energy-oriented techniques, processes, and methods based on the use, modification and manipulation of energy fields that look at imbalances within an individual's energy system as well as the energetic influence of thoughts, beliefs and emotions on the body. The theory of

Energy Therapy is that the flow and balance of the body's electromagnetic and more subtle energies are important for physical, mental, and emotional health, and for fostering well-being.

Although Energy Therapy methods appear to have promising physical, mental, and emotional health benefits, and there is a growing amount of scientific research indicating that they are an effective evidence-supported group of methods, they have yet to be fully researched by the Western academic, medical, and psychological communities and therefore, may be considered experimental. In addition, because Energy Therapy methods listed above are relatively new healing approaches, the extent of their effectiveness, as well as their risks and benefits, are not fully known. Please be advised that Energy Therapy methods are self-regulated, and they are considered alternative or complementary to the healing arts that are licensed in the United States.

Kuadra accepts no responsibility or liability whatsoever for the use or misuse of the information provided in therapy or website. Further, Kuadra offers no guarantee regarding any of her services or therapies that she discusses or features in the practice.

By engaging in therapy, you agree to fully release, indemnify, and hold harmless, Khadijat Quadri her heirs, successors, assigns, employees, agents, representatives, consultants and others associated with Khadijat Quadri from and against any and all claims or liability whatsoever and for any damage or injury, personal, emotional, psychological, financial or otherwise, which you may incur arising at any time out of or in relation to your use of the information presented at this practice. If any court of law rules that any part of the Disclaimer is invalid, the Disclaimer stands as if those parts were struck out.

WRITTEN ACKNOWLEDGEMENT AND CONSENT TO ALTERNATIVE-HOLISTIC WELLNESS-ENERGY THERAPY

I have reviewed this Energy Therapy Agreement, including the summary of Privacy Policy. I understand that although Energy Therapy appear to have promising physical, mental, and emotional health benefits, and there is a growing amount of scientific research indicating that they are an effective evidence-supported group of methods, they have yet to be fully researched by the Western academic, medical, and psychological communities and therefore, may be considered experimental. In addition, because Energy Therapy methods listed above are relatively new healing approaches, the extent of their effectiveness, as well as their risks and benefits, are not fully known. I agree to fully release, indemnify, and hold harmless, Khadijat Quadri her heirs, successors, assigns, employees, agents, representatives, consultants and others associated with Khadijat Quadri from and against any and all claims or liability whatsoever and for any damage or injury, personal, emotional, psychological, financial or otherwise, which you may incur arising at any time out of or in relation to your use of the information presented at this practice.

I accept this agreement and herewith consent to Energy Therapy.

Client Name (Please Print)

Client or Parent/Legal Guardian/Legal Representative Signature

Printed Name

Date

Counselor Signature