

Client Information and Office Policies

1. CAM Methods

Intuitive Assessments

Intuitive Assessments focus on visualization skills and in-depth intuitive scanning to obtain information from the body and energy system with the intention to discern the root causes of problems or issues that may be affecting an individual's overall health and well-being. As an Intuitive, Amy Elliott uses Intuitive Assessments as a tool for supplementary insight to discern energetic imbalances that may have manifested in the physical, emotional, mental, and/or spiritual aspects of a client's unique energy system. An Intuitive Assessment session is intended to bring into conscious awareness more tools to assist clients in addressing issues or concerns.

Energy Medicine

Energy Medicine consists of a variety of energy-oriented healing techniques, approaches and processes that seek to address imbalances within a person's energy system, as well as the energetic influence of thoughts, beliefs, and emotions on the body. Energy Medicine methods are designed to assess where the body's energies are blocked or not in harmony and then unblock, correct, and balance the flow of these energies, thereby aligning the body's energies to create the opportunity for the mind/body to heal naturally. The theory of Energy Medicine is that the flow and balance of the body's electromagnetic and more subtle energies are important for physical, spiritual, mental, and emotional health, and for fostering well-being.

Matrix Energetics®

Matrix Energetics is considered an innovative system of healing, self-care and transformation. They are based on subtle energy physics and quantum physics with the premise that they can create a state of consciousness where it's possible for healing and transformation to take place by communicating at the quantum level with the wave fronts (energy and information) that create all of reality. When using Matrix Energetics, Amy Elliot engages with a client using specific intention and active imagination that can make it possible to manifest a change or transformation which can be experienced directly by the client.

Reiki

Reiki is an energy healing art of Japanese origin. The word Reiki comes from the Japanese word (Rei) which means "universal" and (Ki) which means "vital life force energy". Reiki is not affiliated with any particular religion or religious practice and it is not massage. It is a subtle and effective form of energy work using guided life force energy believed to help reduce stress and accelerate the healing process. Reiki incorporates the use of the human hand as the tool for moving and harmonizing the body's energies and fields. An in-person Reiki session can be either hands-on where Amy Elliott applies a light touch or hands-off where she holds her hands slightly above the body. Clients rest comfortably fully clothed either on a massage table or in a comfortable chair. Amy Elliott will explain to you what she is doing and why and will ask your permission before touching your body. If you are having an in-person Reiki session and have any reservations about physical touching as described above, please let Amy Elliott know. You understand you have a choice about techniques like Reiki that involve touch.

2. Education and Training

Certified Matrix Energetics Practitioner, Matrix Energetics International, Inc. – 2012

Series of Intuitive Educational Workshops and Mentoring including, but not limited to, Shamanistic Healing, Hypnosis, Spiritual Parenting, Intuitive/Psychic Development, Rapidly Accelerated Mind Patterning (RAMP), Matrix Energetics®, Eft®, and QHHT®, therapeutic and personal development sessions. -2009

Reiki Practitioner - 2007

Bachelor of Arts, Psychology, Indiana University - 2005

Associate of Arts, Spanish, Indiana University, South Bend - 2005

Associate of Arts, French, Indiana University, South Bend – 2005

Military Science, Officer Training School University of Notre Dame Army ROTC – 2005
Army National Guard, Enlisted Washington and Indiana ARNG - 1999-2005

3. Confidentiality

Except as provided below, Amy Elliott will maintain your confidentiality and will not disclose any information you share with her during your session(s) without your prior written permission. You may direct her to share information with whomever you choose and you can revoke that permission at any time. Amy Elliott, will break confidentiality if she believes you may harm yourself or another, if she is required to do so by court order, or to report abuse or neglect of a child, dependent, or older adult. Further, please be advised that if any communication regarding your sessions is conducted over the phone or via Skype or another electronic platform, it is not possible to guarantee the confidentiality of the information contained in any of your telephone and/or electronic communications with Amy Elliott.

4. Professional Sessions/Fees

*Please come prepared to start and end your session on time.

In-Person Sessions



Special Children- Intuition/Spiritual Mentoring
45 minutes @ \$40


Prenatal & Postpartum Support; Just Mom
2 hours @ \$130


Prenatal & Postpartum Support; for Caregivers
2 hours @ \$180.00


* Up to 3 members. All Parents/Guardians doing inner work required


Online Services


All Services  


 **Initial Phone Call- Free or...** ...
20 mins | Free


 **30 min Mini Session Trade** ...
30 mins | Free

 **Healing Session- Scaled** ...
1 hr 15 mins | 40-111

 **Special, Prorated Session...** ...
1 hr 30 mins
| \$1.35/minute

 **Dream Work Session** ...
1 hr 10 mins | \$50.00

 **Healing Session** ...
1 hr 30 mins | \$150.00

 **Couples or Family Session** ...
2 hrs 30 mins | \$250.00

5. Sessions with a Minor

If you are a minor, under the age of 18, your parent or legal guardian must be present with you during your session.

6. Cancellations

Scheduling of appointments involves the reservation of time specifically for you. Therefore, a minimum of 24-hour advance notice is required for rescheduling or cancelling an appointment by emailing Amy Elliott at ylib@amyelliott.com. If you fail to notify Amy Elliott at least 24 hours in advance, this will be considered a missed appointment except for a verifiable emergency situation. The full fee may be charged for missed appointments without such notification. If you cancel in time, you are eligible for a full refund. If you'd like to reschedule for the same service, your payment will be considered a credit. If you'd like a different service, you will need to cancel and purchase a new service.

7. Payment

Payment is expected prior to the appointment unless previous arrangements have been made. Sessions may be paid by personal check, cash, by credit card, or via PayPal or Venmo.

8. Contacting Amy Elliott

Should you need to reach Amy Elliott between appointments, please contact her via email at ybl@amyelliott.com. She will do her best to respond to you within 24 hours on weekdays. On weekends and holidays, she will do her best to reply to you by the next business day. Amy Elliott will respond briefly to any emails, calls or texts related to your session or if you have a quick question. However, If you want to discuss something at length with Amy Elliott, she may request that you wait and discuss your questions and/or concerns at your next appointment.

Website Disclaimer

Welcome to amyelliottgarcia.com where Amy Elliott offers her services as a Transformational Coach, Clairvoyant, and Energy Medicine Practitioner. This disclaimer contains important information to share with you and for you to understand. Please be advised of the following:

The information contained on this website and accompanying blog (collectively "website"), including ideas, suggestions, techniques, methods, blog posts, videos, social media postings, articles, publications, courses, eBooks, pod casts, programs, events, and other materials, is educational in nature and is provided only as general information and is not medical or psychological advice or opinion.

Transmission of the information presented on this website is not intended to create and receipt does not constitute a coach-client relationship between Amy Elliott and the visitor and should not be relied upon as coaching, spiritual, medical, psychological or other professional advice of any kind or nature. You understand by viewing this website that you will be introduced to information about Quantum Parenting and Transformational Coaching that incorporates Intuitive Assessments, Energy Medicine, and Consciousness Technologies which are considered part of the field of Complementary and Alternative Medicine (collectively the "CAM Methods"). Intuitive Assessments focus on visualization skills and in-depth intuitive scanning to obtain information from the body and energy system intended to discern the root causes of problems or issues that may be affecting an individual's overall health and well-being. Energy Medicine consists of a variety of energy-oriented healing techniques that seek to address imbalances within a person's energy system, as well as the energetic influence of thoughts, beliefs, and emotions on the body. Consciousness Technologies are based on subtle energy physics and quantum physics with the premise that they can create a state of consciousness where it's possible for healing and transformation to take place by communicating at the quantum level with the wave fronts (energy and information) that create all of reality. The theory of the CAM Methods is that the flow and balance of the body's electromagnetic and more subtle energies are important for physical, spiritual, and emotional health, and for fostering well-being.

Although the CAM Methods appear to have promising mental, emotional, spiritual, and physical health benefits, they have yet to be fully researched by the Western academic, medical, and psychological communities. Therefore, the CAM Methods are considered experimental and the extent of their effectiveness, as well as their risks and benefits, are not fully known. The CAM Methods are self-regulated, and the State of Oregon does not license any practitioners of the CAM Methods and considers them to be alternative or complementary healing approaches.

Any information presented on this website about the CAM Methods is not intended to represent that they are used to diagnose, cure, treat, or prevent any medical condition or psychological disorder nor are the CAM Methods intended as a substitute for seeking professional health care advice and services. Amy Elliott strongly advises that you seek professional advice as appropriate before making any health decisions.

Although Energy Medicine uses the term “medicine” and the CAM Methods are intended for “healing”, it is not to be construed that the use of the CAM Methods is the practice of medicine, psychotherapy, or other licensed health care practice. Rather, the CAM Methods are designed to assist an individual in addressing imbalances in the physical systems of the body as well as in the energy systems of the body and on the quantum level; thereby, creating the opportunity for the mind/body to heal naturally. In addition, they can also assist in addressing the energetic influence of thoughts, beliefs, and emotions and how they impact the health and well-being of the individual. You understand there is a distinction between “healing” using the CAM Methods and the practice of medicine, psychotherapy, or any other licensed health care practice.

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