

Complementary and Alternative Health Care Client Bill of Rights

Please read and sign this complementary and alternative health care client bill of rights. I am providing you with this bill of rights in accordance with Minnesota statute 146A governing unlicensed complementary and alternative health care practitioners.

Practitioner Name: Mary L. Zelmer

Complementary and Alternative Health Title: Spring Forest Qigong Master Healer II and Teacher

Address: Way to Yoga, 121 Main St. New Prague, MN 56069 or 313 1/5 Division St. Northfield, MN 55057

Telephone number: 952 215 2027 (Cell) or 952 758 5266 (Land Line)

Degrees, training, experience, or other qualifications regarding the complementary & alternative health care being provided and the statutory important disclosure statement in bold print below:

- **Master Healer II and Certified Spring Forest Qi-ssage Instructor**
- **Intensive study with Master Chunyi Lin since 2001**
- **Spring Forest Qigong Instructor, Levels I – II and Qi-ssage**
- **Master Healer, Meditation Leader, Presenter &, SFQ Retreats, Healing Workshops and Conferences**
- **Master Healer & Teaching Assistant, SFQ Classes**
- **SFQ Association & International Guild, Development Contributor**
- **Guest Speaker & Meditation Leader SFQ Guild**
- **Creator, implementer and organizer of SFQ Guild Outreach program**
- **SFQ Teacher and Trainer of Guild Outreach Volunteers**
- **Creator, Organizer and Assistant of,” Healing the Earth Conference,” using Chow Qigong with Qigong Grandmaster, Dr. Effie Chow**
- **Private Qigong Healing Practice since 2008**
- **Qigong Mentor of St. Olaf Students Mind Body and Spirit Club, 2009 - 2013**
- **Qigong Guest Speaker at New Prague High School’s Wellness Classes, 2008 - present**

- **SFQ Teacher of Levels One, Two, Qissage, Meditation Guide, and special energy topics at Mankato State University, Saint Cloud University, Anoka Ramsey Community College, Northfield and St. Peter Community Education and Good Counsel in Mankato.**
- **Co-creator, organizer and implementer of the Qigong Connection, 2011 to present**
- **Qigong Healing Meditation Guide for Qigong Connection, 2011 – present**
- **Qigong and Qissage Instructor for Belle Plaine Animal Hospital, 2013 - present**
- **B.S. Recreation, Parks and Leisure Services; Emphasis in Therapeutic Recreation, at Mankato State University**

THE STATE OF MINNESOTA HAS NOT ADOPTED ANY EDUCATIONAL TRAINING STANDARDS FOR UNLICENSED COMPLEMENTARY AND ALTERNATIVE HEALTH CARE PRACTITIONERS. THIS STATEMENT OF CREDENTIALS IS FOR INFORMATION PURPOSES ONLY.

Under MN law, an unlicensed complementary and alternative health care practitioner may not provide a medical diagnosis from a licensed physician, chiropractor, acupuncture practitioner, or services of a physician, chiropractor, nurse, osteopath, physical therapist, dietitian, nutritionist, acupuncture practitioner, athletic trainer, or any other type of health care provider, the client can seek such services any time.

Notice: A complementary and alternative health care client has the right to file a complaint with the practitioner’s supervisor, if the practitioner has a supervisor. The following is the procedure for filing complaints with the supervisor:

Notice: Any client may file a complaint with the following office:

Office of Complementary and Alternative Health Care Practice - Contact: Richard Hnasko
Health Occupations Program, Division of Compliance Monitoring
Minnesota Department of Health
85 7th Place E., Suite 220, P.O. Box 64882, St. Paul MN 55164-0882

Email: richard.hnasko@health.state.mn.us

Practitioner fee for unit of service are: Personal Healing Session \$75 and Phone Session \$45

Notice: Clients have a right to reasonable notice of changes in services or charges.

Brief Summary of Theoretical Approach: The following is a brief summary of the theoretical approach of Spring Forest Qigong. Please feel free to request more information if you wish.

Qigong- Chinese people have been practicing Qigong for over 5000 years. It involves controlled breathing, focused concentration, and simple movement, and it works with the body's energy. Ancient Chinese wisdom calls this energy "Qi". It flows through everything, including our bodies. It is believed that energy cannot be created or destroyed, but it can be transformed.

How Qigong Works- According to the Chinese model, sickness, pain, and other health anomalies are caused when Qi energy is blocked. When Qi cannot flow through the invisible channels, the meridians of the body, two things happen. First, excess Qi builds up where it is not needed or wanted. This is like water damming up a river and flooding a neighborhood. Second, other parts of the body do not receive enough Qi. This is like the riverbed drying out on the other side of a dam, destroying river life. Qigong helps remove blocks and increase the flow of energy through your body. Flowing freely, Qi energy helps heal and restore balance in the body, which also enhances well being.

Notice: Clients have a right to complete and current information concerning the practitioner's assessment and recommended service that is provided, including the expected duration of the service to be provided.

Notice: Clients may expect courteous treatment and to be free from verbal, physical, or sexual abuse by the practitioner.

Notice: Clients records and transactions with the practitioner are confidential, unless release of these records is authorized in writing by the client, or otherwise provided by law.

Notice: Clients have a right to be allowed access to records and written information from records in accordance with Minnesota Statute 144.335.

Notice: Other services in the community. Information concerning services is available at or through: Spring Forest Qigong, 952-593-5555, www.springforestqigong.com

Notice: Clients have the right to choose freely among available practitioners and to change practitioners after services have begun, within the limits of health insurance, medical assistance, or other health programs.

Notice: Clients have a right to coordinated transfer when there will be a change in the provider of services.

Notice: Clients may refuse services or treatment, unless otherwise provided by the law.

Notice: Clients may assert the client's rights without retaliation.

Subd.2.(ACKNOWLEDGMENT BY CLIENT) Prior to the provision of any service, a complementary and alternative health care client must sign a written statement attesting that the client has received the complementary and alternative health care client bill of rights.

I hereby acknowledge receipt of the Client Bill of Rights and the attached documents incorporated therein, and I have had a full opportunity to ask any questions I have about this document and my right as a client. I understand my rights as a client.

Client signature: _____ Date _____

Parent/Guardian: _____ Date _____

Signors Legal Relationship to Client _____
