

## Holistic Therapies - Information for treatments

Please read and complete sections 1,2 and 3. We will complete the rest together, in the first session.

<b>1. Please provide the following details about yourself:</b>			
Name		Age	
Address			
Phone		Email	

<b>2. What therapy session have you come for? (please tick one)</b>			
Chi Nei Tsang	<input type="checkbox"/>	Yoga 1-to-1	<input type="checkbox"/>
Shiatsu	<input type="checkbox"/>	Mindful Coaching	<input type="checkbox"/>

<b>3. Why have you come for therapy? What are your hopes/ expectations?</b>

<b>4. What do I need to know from your past? Describe your medical history.</b>

<b>5. Describe the BEST that things have ever been in your life - physically, emotionally, socially and in terms of energy levels.</b>

<b>6. Describe the WORST that things have ever been in your life - physically, emotionally, socially and in terms of energy levels.</b>

**7. Imagine you woke up one day and everything was IDEAL - it was the best that things could ever be. Describe what you would notice and be seeing, hearing, feeling, doing?**

**8. Please rate the following where "1" is the worst things could be and "10" is the ideal.**

**Think about the LAST 2 WEEKS:**

**Where are things now?**

1	2	3	4	5	6	7	8	9	10
Worst					Ideal				

**Where would you like them to be?**

1	2	3	4	5	6	7	8	9	10
Worst					Ideal				

**Where is "good enough"?**

1	2	3	4	5	6	7	8	9	10
Worst					Ideal				

**9. How could you go from "where you are now" to one little step towards "good enough"? Describe any strategies or actions that you could take that you have tried that have helped, even a bit:**

**10. What lifestyle changes would you explore making?**