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Victoria, BC, ●●●●●●

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**INTAKE FORM – Confidential**

**CLIENT TO COMPLETE ~ Please be sure to print clearly ~**

**Client Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Occupation:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Marital Status:** \_\_\_\_\_ **Children:** \_\_\_\_\_

**How did you hear about Shine Hypnotherapy?** \_\_\_\_\_

**Referred by:** \_\_\_\_\_

**Are you looking for:**

- |   |  |   |
|---|--|---|
|  Hypnotherapy      |  Counselling          |  Life &/or Career Coaching |
|  Health Management |  Forest Therapy       |  M.A.A.P                   |
|  Smoking Cessation |  Mixture of therapies |   |

Do you wear contact lenses:  YES /  NO

*During your session, your eyes will be closed for an extended period of time. If your lenses tend to get dry, you may want to consider bringing your lens holder and solution, so that you can remove them before your session.*

Hearing problem:  YES /  NO

*I am able to position you for optimal hearing, or speak louder if you require. If you normally wear a hearing aid, please use it, as you will have your eyes closed and will not be able to lip read during a session.*

### BRIEF MEDICAL HISTORY

Are you under the care of a physician for any ongoing condition or illness:

 YES /  NO

If Yes, please provide the name of your Dr. \_\_\_\_\_

And the condition \_\_\_\_\_

Have you had a check-up or physical in the last year:  YES /  NO

Please, list any current, or past, health issues or hospitalizations, that have not already been mentioned: \_\_\_\_\_








Are you taking any Medications &/or Supplements:  YES /  NO

In case of emergency contact name & number: \_\_\_\_\_

Are you in any physical pain, either intermittent or constant:  YES /  NO

If yes, please explain: \_\_\_\_\_

**Have you been diagnosed with any of the following?**

-  OCD (obsessive compulsive disorder);
-  Severe clinical depression;
-  Schizophrenia;
-  Bipolar or Manic depressive;
-  Seizure Disorder;
-  PTSD (Post traumatic stress disorder);
-  Parkinson's Disease;
-  Alzheimer's Disease or Dementia;
-  Brain Injury;
-  Diabetes;

Details: \_\_\_\_\_  
\_\_\_\_\_

**What is the reason for your visit?**

*You can check off the list, or provide the reason in writing if not listed.*

-  Smoking / Tobacco Cessation; How long have you smoked/chewed? \_\_\_\_\_
-  Self-Control with Anger, Alcohol, other. Explain: \_\_\_\_\_
-  Stress Management
-  Weight Management
-  Sleep Improvement
-  Motivation/Procrastination
-  Confidence
-  Relationships
-  Attitude/Outlook
-  Fear / Apprehension
-  Change habits
-  Self-esteem/Self mage
-  Facilitate Wellness
-  Career Success
-  Menopause Symptoms
-  Grieving
-  Anxiety
-  Abandonment
-  Childhood Trauma
-  Phobias & Fears
-  Other, please explain: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Any Previous experience with Hypnosis?  YES  NO


If so, when: \_\_\_\_\_


Reason: \_\_\_\_\_

What was the result: \_\_\_\_\_

How would you rate your ability to visualize?

 Excellent  Above Average  Good  OK  Poor

Do you consider yourself visual?  YES  NO

Do you consider yourself auditory?  YES  NO

Do you consider yourself kinaesthetic? (feeling)  YES  NO

What is your favourite way to relax currently?

\_\_\_\_\_

What's your favourite colour?

\_\_\_\_\_

What is your predominate hand?

\_\_\_\_\_

Please describe anything else that would be helpful to know about you.

*(ie. Recent life changing events such as death, divorce, relationships, job changes, health issues, family dynamics, past trauma, accidents, etc.)*

\_\_\_\_\_  
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### **About hypnotherapy session:**

Your therapist will ask you to sit comfortably in a chair and close your eyes. You will be spoken to in a very relaxed state. Your therapist will ensure that you are comfortable with the experience.

Hypnosis requires guiding you to a relaxed state of comfort within yourself, using a varied series of relaxed breathing and visualization techniques, which will guide you into your subconscious mind where you will be given positive suggestions to help you achieve your goals.

Hypnosis is a pleasant, day dream state. Your body will probably be very relaxed, but you will be more focused and aware than you normally are. You are always in control, and you will normally remember what happens during the session, although it may feel a little like it was a dream.

You will need to put aside the judgement, doubts, and criticism of the ego/mind to allow the process to happen. This process takes work and commitment to the entrainment of a new habit. The process time is different for each individual. It takes willingness on your part, and you should be open to explore other levels of consciousness.

You must be willing to focus your attention and follow the suggestions of the therapist. Contrary to popular believe, you cannot be hypnotized unwillingly. Also, when you are hypnotized, you will not follow directions against your wishes.

Hypnotherapy is a well-documented and scientifically proven healing modality for those who choose to look deeper, and use the power of their unconscious mind, to make lasting positive changes in their lives. More independent work may be suggested upon clients' expectations and needs.

The Mayo Clinic, Harvard University, The National Alliance on Mental Health, The BC Medical Association, The Canadian Cancer Society, and many others government entities, agree that Hypnosis can help people with many issues.

### **Disclaimer:**

Shine Hypnotherapy is committed to offering consistent quality and professional hypnotherapy & counselling. All services provided by any staff members, are not responsible for, and will not be liable to you or anyone else, for any action, or decisions taken, in reliance upon information contained in your session. I, Tina Thompson, or any other employee of Shine Hypnotherapy, reserves the right to decline, to accept, or treat any patient or individual. Each patient is considered on an individual basis, and acceptance into, and continuation of the therapy, is entirely at the discretion of Shine Hypnotherapy. No reason for declining to treat or continue to treat a client, need be given. Any individual, who is under the influence of substances, including drugs and alcohol, will not be seen or treated.

### **Reviews - Testimonials**

Actual results may vary from person to person, and Shine Hypnotherapy does not make any guarantees that you will get the same results as the patients who have voluntarily provided reviews and testimonials. The patients expressed views and opinions of the services in their reviews/testimonials are provided voluntarily. These reviews and testimonials should not be taken as recommendations, but rather as unsolicited opinions of our patients.

### **Blog / Article Disclaimer:**

All content on the website is provided for your informational purposes only, and is not intended as a substitute for professional medical or psychological help. The content displayed on the website, or on any of Shine Hypnotherapy's social media pages, is not done so with any intent to diagnose, treat, cure or prevent any illness or condition. If you or someone you know, have, or suspect that you/they have, a medical or psychiatric problem, please contact your professional medical doctor or a health care provider promptly. If you are contemplating self-harm, or believe that you or others close to you may be in danger, please immediately contact 911 emergency services. All content of articles, links, blog posts, or user comments written by other parties, and referenced or appearing on the website or social media pages, are the intellectual property and responsibility of their authors, and are not necessarily the opinions of, or are endorsed by Shine Hypnotherapy in any way.

**Cancellation Policy: Please be aware of Shine Hypnotherapy's 24-hour cancellation policy. A \$50 cancellation fee will apply to cover costs of the booked session that was missed without 24hr notice.**

**Tardiness Policy: As you can imagine, late arrivals can set back our schedules significantly. As a courtesy to our patients, if you arrive late, your session will be shortened to the remainder of your original scheduled appointment. If you arrive more than 20 minutes late, you will be asked to reschedule and the cancellation fee would apply accordingly.**

**I have read and understand the process described above and accept the terms by signing;**

**Acknowledgement:**

**Print Full Name of Patient:** \_\_\_\_\_

**Signature of Patient:** \_\_\_\_\_

**Date:** \_\_\_\_\_ 20

**Health & Safety due to Covid-19**

At Shine Hypnotherapy health and safety has always been taken very seriously. We don't need a reason to practice it, as it's always been in play.

However, with the current situation, our patients are our top priority as usual, & you can be assured that after each session, the office & patients chair is cleaned thoroughly with Organic Natural Cleansers, no toxins. Also, Organic hand sanitizer is available for all patients to use. If you feel safer wearing a mask, Shine asks you to bring your own, however, Shine does have disposable masks available for those who request one. Although Health Canada has classified the risk to Canadians as low, Shine is taking extra precautions to protect our patients & staff. This includes encouraging the staff to stay home if they are unwell, providing regular prevention best practice updates, & following all government recommendations.

Shine asks that if you, as a patient, feel unwell, please call to reschedule your session.

During this time the 24hr cancellation fee will not be charged for late cancellations, through to August 31, 2020, & will be revised at that time if necessary. So, if you feel unwell the day of your session, please just call to cancel & we will reschedule you for a convenient later date.

Please stay healthy & happy

~ Shine Hypnotherapy

Here is a Symptom Self-Assessment Tool you can use if you are experiencing any symptoms you are concerned about:

<https://covid19.thrive.health/>

***The information provided in this intake form, and in all sessions, is 100% confidential.***

***The only exceptions to this, include the legal "duty to report" or when the counsellor is presented with a subpoena by the proper law officials.***