

Name _____

Age _____

Full Address _____

Home Phone _____ Work _____ Email _____

Physical History (Please be accurate)

General Health _____

Are you under a doctor's care? _____ If yes, name of doctor _____

Reason for doctor's care _____

Are you taking any medication _____ Last medical examination _____

Have you ever been hospitalised for a physical illness? _____ Describe _____

Have you ever been hospitalised for a mental illness? _____ Describe _____

Any recent major illnesses or surgeries? _____

Any recurrent or chronic conditions? _____

Do you smoke _____ Do you take drugs? _____ If yes, what kind? _____

Do you drink? _____ If yes, how much? _____

Have you had any previous Therapy/Counselling? _____ If yes, please describe:

When?	Where?	How long for?	What for?

Work History

Occupation _____ How long for? _____

If presently unemployed, describe the situation _____

Hobbies _____

Family Information

Where born _____ How long there _____ Ethnic origin _____

Father alive? _____ Where residing? _____ Relationship _____

Mother alive? _____ Where residing _____ Relationship _____

Marital Status _____ No. of marriages _____ Spouse's name _____

Living with a partner? _____ How long? _____ Partner's name _____

Children: 1st M F Age____, 2nd M F Age____, 3rd M F Age____, 4th M F Age____, 5th M F Age____

Siblings: Circle your place in the family. If a sibling is deceased, put an X through the placement number

1st M F Age____, 2nd M F Age____, 3rd M F Age____, 4th M F Age____, 5th M F Age____

Family alcoholism or domestic violence? _____ Sexual addictions or abuse _____

Parents divorced? _____ If yes, what year _____ Your age at the time _____

If deceased, what year? _____ Your age at the time _____ Cause of death _____

Any step parents? _____ If yes, describe when and your relationship with them _____

If reared by someone other than your birth parents, describe the situation in some detail _____

Tell anything else in the space below that you think would be helpful for me, as your practitioner:-

Spiritual History

Religious upbringing _____ Present affiliation _____

Is this an important part of your life? _____ Why? _____ Why not? _____

Emotional Status

Are you currently experiencing strong emotions? _____ If yes, describe _____

Do you make decisions based on your emotions? _____ How well does that work for you? _____

Did you have what you would consider to be childhood or other traumas? _____ If yes, describe _____

Have you been treated for emotional disturbances? _____ If yes, when? _____

Have you had any thoughts of suicide? _____ If so, when? _____

Do you have any thoughts now? _____

Present Situation

Please state why you decided to come for coaching _____

Personal Agreements

I understand that I may be asked to do certain “homework exercises” reading, praying, changing behaviours, and otherwise acting on my own best interest. I understand that I am entirely responsible for my own actions and I will always make my own final decisions regarding sessions.

I further understand that much of the work done will be to resolve issues and will depend on my honesty, and willingness to do the things I need to do to move forward even if it is painful and difficult.

I understand that whatever I say in a session is strictly confidential and will not be released to anyone without my consent unless I am violating codes of abuse, harm to myself or others.

I understand that I will pay in full for appointments not cancelled with 24 hours notice.

Signature _____ Date _____

As your coach / practitioner, you honour me by sharing your life and growth with me. I will not hide myself behind silence or position and will have high regard for you as a person. I will bring the best that I know from my study and experience. I will bring you the highest of my insight, wisdom and spiritual guidance.

I will keep a holistic perspective in our work together because I believe that the Physical, Spiritual, and Soul (mind, will, emotions) all work together to form the wholly healthy person.

You can expect the truth from me even when you may not want to hear it. I will always have compassion and empathy for you in all that we do. I value you as a person in need of care. I will do my best to honour that.