



# CENTER FOR TRUE HEALTH

## INTAKE FORM

Name:

Date:

Address:

City, State, Zipcode:

Mobile:

Home:

Work:

Email:

Date of Birth:

Occupation/Employer:

Referred By: (Name of Friend, Yelp, Google, Yahoo, etc.)

How would you rate your present state of health?    Excellent    Good    Fair    Poor

Reason for your visit?

Please list any current injury/illness/surgery and/or chronic conditions.

Please list any past injury/illness/surgery.

What, if any, psychiatric or health concerns are you currently receiving treatment for? List any medications.

Please list any holistic therapies you're participating in.

Where does your body hold tension? (e.g. neck, shoulders, stomach)

For Reflexology: Are you experiencing any issues with your feet?

Please list any additional comments regarding your health and well-being.



**For Hypnosis:**

Have you ever been hypnotized?

Do you meditate?

List any fears or phobias:

List three favorite relaxing places:

List your favorite past times or hobbies:

What would you like to accomplish in this session?

How will you know that you have accomplished it? Be specific.

What is stopping you from achieving your goal?

If there is a secondary issue, what would it be?

How will you reward yourself for achieving your goal?



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## To the clients of the Center for True Health:

### Please note:

Deborah Flanagan is not a doctor and does not diagnose or treat for a specific illness or prescribe or adjust medication.

Reiki, reflexology, and hypnosis are not substitutes for medical or mental treatment, but are a complement to most types of therapy.

I give my consent to a Reiki, reflexology, and/or hypnosis session. I understand I may discontinue a session or sessions at any time. If I have been diagnosed by a licensed health professional as having any disease, injury, or mental condition, I understand I should inform the person who made this diagnosis about the sessions I will be receiving, and whether or not I intend to discontinue any treatment or therapy which had been previously ordered, prescribed or recommended by a licensed health professional. I understand that by discontinuing any such treatment or therapy, I assume responsibility for any negative outcome resulting from discontinuing that treatment or therapy.

Signature\_\_\_\_\_ Date\_\_\_\_\_

Print Name\_\_\_\_\_

REIKI, REFLEXOLOGY, AND HYPNOSIS ARE NOT SUBSTITUTES FOR MEDICAL CARE. IF YOU ARE EXPERIENCING ANY SPECIFIC MEDICAL PROBLEM AND HAVE NOT SEEN YOUR MEDICAL DOCTOR, I RECOMMEND YOU DO SO TODAY.



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## SESSION POLICIES

Deborah has a private practice in Chelsea. She teaches Reiki I, II, and III classes and completed a 600-hour Reiki Master program through the New York Open Center. Deborah is a certified hypnotist through the National Guild of Hypnotists, and is a certified reflexologist through the American Reflexology Certification Board.

## WHO CAN BENEFIT

Deborah works with a range of clients and specializes in working with people who are dealing with stress or anxiety, major life changes, or a health challenge. While Reiki, reflexology, and hypnosis can be useful for reducing stress and promoting relaxation surrounding a range of health conditions, they should not be a substitute for medical care.

## CLIENT/PRACTITIONER EXPECTATIONS

The first session begins with an assessment based on the Intake Form, which is filled out prior to the session. Privacy and confidentiality are maintained at all times. For Reiki sessions you remain fully clothed and sessions may begin either lying face up or face down on a massage table, depending on the focus of the session. For reflexology sessions, you remove your shoes and socks and lie face up on the massage table for the session. For hypnosis sessions, you can either sit in a chair or lie down on the massage table, depending on your preference. Each session is unique. The client can request treatment for specific issues and parts of the body and is encouraged to discuss any preferences at the beginning of the session.

## APPOINTMENT POLICIES

- Sessions last a total of 60, 90, and 120 minutes. The first hypnosis session is 90 minutes.
- If a client is late, the session still falls within the allotted time slot. The remaining time may not be sufficient for full treatment; accommodations will be made, but the full session fee will be charged.
- If cancellation is necessary, the client needs to give 24-hour notice or they will be charged for the appointment. If the practitioner needs to change an appointment, she will do so within 24 hours. (True emergencies are excepted.)
- Sessions take place at 135 West 29<sup>th</sup> Street, Suite 604 (between 6<sup>th</sup> and 7<sup>th</sup> Avenue).

## PAYMENT

- Payment is due at the time of service in the form of cash, check, or credit card or prior to the appointment online at [www.centertruehealth.com](http://www.centertruehealth.com).
- There is a \$30 fee for returned checks.

## PROFESSIONALISM

Deborah will perform services for which she's qualified and refer to other practitioners when work is not within her scope of practice.