

Section 1			
Title			
Full Name			
Preferred Name			
Gender and pronoun			
Date of Birth			
Address			
Preferred contact number			
Can I leave a voicemail?			
Use text messages?			
Use WhatsApp?			
Email address			
Emergency contact			
Occupation			
Any previous occupation/s			
Medical History			
GP Name and Address			
Medication			
Do you fall into any of the following categories:			
Epilepsy or seizures	Yes	No	
Pregnancy			
A clinical diagnosis or undiagnosed presentation of psychosis or borderline personality disorder either now or in the past			
A diagnosis or undiagnosed presentation of depression, whether past or present, medicated or not			
Dependency on alcohol or psychoactive drugs, recreational or prescribed			
Being very elderly, frail or otherwise unwell			
High blood pressure			
Heart or circulatory problems			
Migraines			
Do you wear contact lenses?			
History or current experience of significant abuse or trauma or complex comorbidity with other symptoms			
Any other serious illness or any other medical history (if yes please detail below)			
Any other relevant family medical history:			
Section 2			
Hypnotherapy			

Experience of hypnotherapy	
Experience of any other therapy	
What are your goals?	
Why now?	
Details about your presenting issue	
Fears or phobias	
Right or left-handed	

**Underline the answers that most represents how you generally behave:**

When I operate new equipment, I generally:

- Read the instructions first
- Listen to an explanation from someone who has used it before
- Go ahead and have a go, I can figure it out as I use it

If I am teaching someone something new, I tend to:

- Write instructions down for them
- Give them a verbal explanation
- Demonstrate first and then let them have a go

I tend to say:

- I see what you mean
- I hear what you're saying
- I know how you feel

My first memory is of:

- Looking at something
- Being spoken to
- Doing something

When I'm anxious, I:

- Visualise the worst-case scenarios
- Talk over in my head what worries me the most
- Can't sit still, fiddle and move around constantly

Which statement do you prefer:

- Make yourself as comfortable as you can; move around a little until you feel that you are as comfortable as you can possibly be, now close your eyes
- Make yourself as comfortable as you can; you may choose to move around a little until you are as comfortable as you can possibly be, you may wish to close your eyes if this makes you more comfortable

**Describe the places, real or imaginary, that relax you and put you at peace:**

Please share any other issues, recent life-changing events, or any other information that would be helpful for me to know about:

<b>Privacy Notice</b>	<i>All personal data will be kept confidential and stored securely in line with GDPR</i>
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I hereby confirm that the above information is true and accurate to the best of my knowledge

<b>Signed</b>	
<b>Date</b>	