



REFLECTIONS HYPNOTHERAPY

Client History & Terms of Business:

This form is designed to gather some background information about why you are seeking hypnotherapy. It is confidential* and will be used to plan the most effective therapy approach for you. Please complete this form as fully as possible, and return via email prior to initial consultation.

YOUR CONTACT DETAILS

Name:

Telephone:

Mobile:

Email:

Address:

How did you hear about Reflections Hypnotherapy?

ABOUT YOU

Date of Birth:

Current Age:

Female:

Male:

Occupation:

Hobbies:

ABOUT YOUR HEALTH

Have you ever been diagnosed with or treated for clinical depression:

Yes:

No:

Are you currently taking any medication prescribed by your GP or other doctor?

Yes:

No:

Details of any medication you are taking (including over the counter medications):

Name and address of your GP:

Exercise Level:

Inactive:

Moderate:

Energetic: (-4 times pw)

Vigorous: (+4 times pw)

Do you smoke:

Yes:

No:

If so, how many per day?

Alcohol Consumption:

Units consumed per week:

WHY ARE YOU SEEKING HYPNOTHERAPY?

Please give a brief description of the problem(s) that you are seeking hypnotherapy for:

BACKGROUND HISTORY & INFORMATION

When did the problem(s) first start?

Have you previously tried any other medical or therapeutic approaches (including hypnotherapy) in relation to this particular problem?

Please describe what you wish to achieve?

Please give a brief description of yourself, i.e. very confident / lack confidence etc., (Hypnotherapy works well in boosting self-esteem/confidence and can therefore be built into the treatment plan):

Please include any other information that you feel may be relevant here (please continue on a separate sheet of paper if necessary):

**The contents of this form and anything that is discussed during hypnotherapy sessions will be treated in the strictest confidence with the following exceptions: 1) Self Harm: I may need to contact your GP if it appears that you are suicidal or intend to carry out serious self harm. 2) Abuse or Injury to a Minor: I am legally required to report any abuse towards a minor to the appropriate authorities should you divulge any such information to me.*

Reflections Hypnotherapy

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The General Hypnotherapy Register

