

Please use additional pieces of paper if necessary, and attach them to this form.

Name: _____ Date _____

Address: _____

Phones:

Home: _____ Work: _____ Cell: _____

Email: _____

D.O.B.: _____ Age: _____ Profession/past profession: _____

Do you have any medical conditions that would exclude you from physical activity in a session? Yes _____ No _____ Please explain:

Height _____ Weight _____

Do you have any areas of your body that need special consideration?

Are you presently taking any medications or drugs? (name of medication, for what condition):

Are you presently using any recreational drugs, alcohol or nicotine? (amount per day/week):

What psychological or bodywork training have you had?

What kinds of psychological or bodywork therapy have you experienced, and for what period of time?

Are you in therapy or having regular bodywork? If yes, with whom? _____

Does this person have pre and peri-natal facilitation skills? Yes _____ No _____

Name _____

List other physicians or health care practitioners you are being treated by:

List any other support you have?

Please check what you know or think applies to your birth history:

- _____ an unmedicated vaginal birth in a hospital
- _____ an unmedicated vaginal birth at home
- _____ an anesthesia birth
- _____ c-section
- _____ a multiple birth
- _____ other birth complications, please explain:
- _____ with fetal heart monitor
- _____ with cranial suction
- _____ with forceps
- _____ breech

Please check what you know or think applies to your prenatal and birth history:

- _____ I had a twin that did not live. At what point in the pregnancy or postnatal time did the twin leave? _____
- _____ I was premature. How many weeks? _____
- _____ I was in Neonatal Intensive Care Unit, Please state how long? _____
- _____ I was incubated. How long? _____

Where was your father during the birth?

Were you separated from your mother at birth? (sent to nursery)?

Were you breast fed?_____ if yes, how long? _____

Men, were you circumcised as an infant? _____

Please tell me about any interventions shortly after your birth such as hospitalization for illness or high jaundice, operations, illnesses as an infant or child.

Name _____

Did either or both of your parents lose another child to miscarriage, abortion, stillbirth, or childhood death? If yes, are you aware of how this affected you. Give dates and circumstances:

Who raised you? Were your parents your natural parents? Where you raised by a single parent? If your parents split up, how old were you? Did you have other major primary care givers like grandparents, aunts, uncles, guardians or adoptive parents?

Do you or did you have siblings? Indicate ages relative to you, nature of relationship as children:

Please tell me any other information you know concerning your conception, your parents' attitude toward having you (planned, unplanned, wanted, confused, unwanted). If unwanted, did they consider or attempt abortion?

What do you know about your life in the womb, including physical effects (maternal or paternal smoking, drinking, drugs, mom's diet), and emotional effects including absence or presence of father during pregnancy or birth, parents relationship with each other during your pregnancy, siblings' attitude toward your birth. If you are adopted, give information about transition in hospital and new family, as well as any birth history known:

Name _____

Have you ever lost a child to miscarriage, abortion, stillbirth, death? Yes ____ No ____
If yes, please explain circumstances and dates and how this affects you today:

Have you ever been or are you in an abusive relationship? Yes ____ No ____
If yes, please state when, what relation the person was or is to you, whether the abuse was or is physical, sexual or emotional. If a past relationship, what action did you take? If present, what are you doing about it? Please give details:

Have you, or anyone in your family of origin, been diagnosed with mental health issues, e.g. bipolar, schizophrenia, depression, etc? Yes ___ No ___ If yes, please explain:

Have you or anyone in your family taken prescribed medications for mental health issues? Yes ___ No ___ If yes, please explain:

Have you ever been hospitalized for mental health reasons? Yes ____ No ____
If yes, please describe the circumstances and outcomes with dates:

Has anyone in your family ever attempted or committed suicide? Yes ____ No ____
Have you ever contemplated or attempted suicide? Yes ____ No ____
If yes, please describe the circumstances with dates:

Do you have children? Yes ____ No ____ If Yes, state their ages and your experience of their gestation and birth:

Signature:_____ Date _____