
Personal Information: optional, useful for working to heal you as an entire individual – mind, body, and spirit.

Marital Status:

How Long?

Religion/Spirituality?

Children (# & ages):

Job/Career Position:

How Long?

Education:

Friends/Family you can use for support/back up?

Habits

Hobbies:

Interests:

Dislikes:

Perceived Issue(s):

Perceived Setbacks:

Desired Outcome:

* This information is gathered only for the purpose of creating a successful wellness plan, determining therapeutic options, and will not be used for any other purpose nor will it be shared with anyone else for any reason.