

Bodywork for Stabilization and Resiliency Intake Form

Thank you for taking the time to provide this information. Bodywork for Stabilization and Resiliency is a blend of Somatic Experiencing©, Biodynamic Craniosacral Therapy, Pre and Perinatal Therapy, and Myofascial Massage. It involves repairing and releasing patterns associated with overwhelming events in our lives. **It is not regressive; it is present time oriented.** It focuses on identifying states in the body, the functional range of the nervous system, and ways to release held patterns in connection and safety. Education about nervous system state change is a big part of the therapy. It involves feeling states in the body.

Name: _____ Date _____

Address: _____

Phones:

Home: _____ Cell: _____

Email: _____

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

_____ Licenses & degrees:

What is your intention for doing this work? Intention is one of the most important parts of the therapy. The more specific the better.

Please list health concerns and conditions. Important conditions to note include accidents, surgeries, falls, and other overwhelming events.

Do you have areas of chronic pain or sensitivity to touch?

It is best to do Stabilization and Resiliency work in collaboration with a mental health professional. Do you have a professional that you are currently seeing or have access to?

The above information is accurate and true to the best of my knowledge. I understand that massage therapists do not diagnose disease, prescribe medications or manipulate bones. I further understand that massage therapy is not a substitute for medical attention or examination. I take responsibility for alerting my practitioner to any physical, mental or emotional changes that occur with my health. I also understand that cancelled or missed appointments without 24 hours' notice (medical emergencies excluded) may be charged in full for the price of the missed session.

Signature: _____

Date: _____