

Before your first session

Lisa Legg
THRIVE TOGETHER

This helps me understand what you are bringing so we can spend our time on the work rather than on paperwork. It takes about ten minutes.

Leave anything blank that you would rather not write down. Some things are easier said than written, and some things you may not want to say at all. Both are completely fine. Nothing here is compulsory and I will not chase you for it.

Your details

Full name

Date of birth

Phone

Email

Address

Emergency contact name

Their phone

What brings you

In your own words, and as much or as little as you like

Is there anything in particular you are hoping we might work on?

Health and support

Your GP or medical centre

Anyone else currently supporting you

Any medication you are currently taking

Any medical conditions, injuries or surgery it would help me to know about

Life events

Havening works with things that are still sitting with you, so a rough sense of the landscape helps. You do not need to go into detail here, and a few words is plenty. Write nothing at all if you would rather talk instead.

Anything significant that still feels close, or that you notice you avoid

Is there anything you would prefer I did not ask about?

Practical

☐ I have had Havening before.

☐ I would prefer to apply the touch myself rather than have Lisa do it.

Anything else that would help me look after you well

Your information

What you write here is health information and I treat it that way. It is stored securely, it is never shared or sold, and it is kept for seven years and then destroyed. You can ask to see it or ask me to correct it at any time. Please return this form to me directly rather than by email if you would prefer, or bring it with you on the day.

Signature

Date

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