

# Welcome to



Please PRINT CLEARLY and fill out the form COMPLETELY

## Client

Full Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Sex: F M Age: \_\_\_\_\_ Relationship Status: Single Married Divorced Committed Partnership Widowed

Occupation \_\_\_\_\_

Home phone \_\_\_\_\_ Work phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Email Address: \_\_\_\_\_

I authorize any representative of A New Day Hypnosis to leave a message regarding my schedule:  
on my home answering machine w/ family member \_\_\_\_\_ at work  
on my cell phone

## Payment of Services to A New Day Hypnosis

The person signing this agreement will be the responsible party for payment of services. Please provide their address and printed name, and indicate the relationship to the client--write "self" if you are the client.

I understand that I am responsible for any balance on the account and/or collection costs and legal fees incurred in any attempt to collect said balance.

### AUTHORIZED PERSON'S SIGNATURE

Signed \_\_\_\_\_ Date \_\_\_\_\_

Printed Full Name \_\_\_\_\_ Relationship to client \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## PHYSICIAN:

Name of Primary Care Physician \_\_\_\_\_

Phone # \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

May we share information with your Physician? YES NO \_\_\_\_\_

Your Signature

## REFERRAL SOURCE

How did you learn of our practice?

- |   |  |
|---|--|
| <input type="checkbox"/> citysearch.com   | <input type="checkbox"/> doctor/ friend referral _____ |
| <input type="checkbox"/> yahoo local      | <input type="checkbox"/> austin newcomer guide         |
| <input type="checkbox"/> google maps      | <input type="checkbox"/> craigslist.com                |
| <input type="checkbox"/> the yellow pages | <input type="checkbox"/> flyer                         |
| <input type="checkbox"/> yellowpages.com  | <input type="checkbox"/> drove by                      |
| <input type="checkbox"/> superpages.com   | <input type="checkbox"/> other (please specify) _____  |

# *A New Day Hypnosis*



Name \_\_\_\_\_ Today's Date \_\_\_\_\_ DOB \_\_\_\_\_

## **Healthy Lifestyle Assessment**

- 1) How long have you struggled with your weight?
  - a) 1-5 years
  - b) 5-10 years
  - c) 10-20 years
  - d) As long as I can remember
  
- 2) Are your parents and/or other family members overweight?
  - a) parent(s)
  - b) siblings
  - c) extended family
  - d) all of the above
  
- 3) Why have you failed to maintain your weight?  
*(You may circle more than one)*
  - a) no willpower
  - b) easily influenced
  - c) fearful of being thin
  - d) can't stick to a healthy regime
  - e) lack of self-worth
  - f) depression
  
- 4) I experience strong cravings for:  
*(You may circle more than one)*
  - a) sweets
  - b) chocolate
  - c) salty foods
  - d) starches
  - e) I don't have cravings
  
- 5) What are the biggest problem areas for you?  
*(You may circle more than one)*
  - a) poor food choices
  - b) bingeing
  - c) eating between meals
  - d) lack of exercise
  - e) lack of consistency with healthy behaviors
  
- 6) What is the maximum amount of weight you have ever lost in 1 month? How did you do it?  
\_\_\_\_\_

7) What type of plan has typically worked best for you in the past?

*(You may circle more than one)*

- a) keeping a food log
- b) following a strict diet
- c) exercising a lot
- d) understanding the basic principles of a nutritional plan and following them
- e) using my own best judgment and working out my own food plan
- f) other (please describe) \_\_\_\_\_

8) I think I need

- a) a very structured, regimented program
- b) a semi-structured program
- c) give me the basics and I can figure it out
- d) other (please describe) \_\_\_\_\_

9) The ideal amount of assistance you believe you need:

- a) very little involvement, I can do this on my own for the most part
- b) lots of assistance and attention, I often hit roadblocks and need support to get me back on track
- c) a moderate amount of assistance, I'm able to maintain my behaviors for the most part, but need some help from time to time when things get tough

10) To achieve good long-term outcome I need

*(You may circle more than one):*

- a) education about nutrition and exercise
- b) someone to keep me responsible by checking up on me each week
- c) To learn how to become independent of external control
- d) I would like a minimum of involvement from others

11) What is the longest amount of time you were able to maintain a significant weight loss?  
How did you do it?

\_\_\_\_\_

12) Briefly describe a typical day in your life with special attention to what and when you eat.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13) What situations are most likely to cause you to violate your plan – or what has caused you to break diets in the past?

\_\_\_\_\_  
\_\_\_\_\_

14) What does good long-term outcome mean to you?

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15) How many hypnosis sessions do you believe that you'll need to achieve this good long-term outcome? \_\_\_\_\_

16) Please describe what happened the last time you committed to a diet or weight loss program. How long did you stay involved with it?

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17) In hindsight, what caused you to begin deviating from this program?

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18) In hindsight, what caused you to abandon the effort?

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For the next set of questions use the 5 point scale below:

*0 - Never*

*1 - Rarely*

*2 - Sometimes*

*3 - Frequently*

*4 - All the time*

\_\_\_\_\_ I think too much about food

\_\_\_\_\_ I have feelings of guilt after overeating

\_\_\_\_\_ I have such high standards for what I expect for myself that I have a hard time meeting my standards

\_\_\_\_\_ I eat sensibly in front of others and splurge when alone



Which is closer to your view? (Circle one from each pair)

- A. Overweight problems are mainly a result of hereditary or physiological factors
  - B. Overweight problems are mainly a result of lack of self-control
- 
- A. Overweight people will lose weight only when they can generate enough internal motivation.
  - B. Overweight people need some tangible external motivation in order to reduce.
- 
- A. Diet pills can be a valuable aid in weight reduction.
  - B. A person who loses weight with diet pills will gain the weight back eventually.
- 
- A. In overweight peoples hunger is caused by psychological processes – expectations and conditioning.
  - B. In overweight people, hunger is caused by physiology processes – e/g/. stomach contractions and low blood sugar levels.
- 
- A. Changing eating habits is not that difficult [easier than earning 1 million dollars]
  - B. Changing eating habits is extremely difficult task [more difficult than earning 1 million dollars]
- 
- A. The course of my life is determined by my own actions
  - B. The course of my life is determined by things beyond my control
- 
- A. When confronted with a problem I take time to plan a solution
  - B. When confronted with a problem I just muddle ahead

## Weight Loss Success T/F Behavior List

*Please answer True or False to the following questions. If you do this behavior 80% of the time or more, your answer will be True. Otherwise, it will be False.*

- T F I eat three balanced meals every day.
- T F I drink 8-10 glasses of water daily.
- T F I eat only at times when I am hungry and stop when I am satisfied, not full.
- T F I plan and prepare every meal, making sure that I have the proper portions and balance that I need to stay healthy.
- T F I go no less than four hours and no more than six hours between meals.
- T F I chew my bites slowly, enjoying the taste and flavor of each bite of food.
- T F I avoid sweets and sugar.
- T F I avoid salty snacks.
- T F I avoid sodas (including diet sodas).
- T F I avoid all sweets and food two hours prior to bedtime.
- T F I have between 21-28 grams of protein in every meal.
- T F I have enough fiber in my diet. (I have 2-3 bowel movements per day)
- T F I have essential fats in my every meal. (found in avocado, olive oil, fish, fish oil, flax oil, raw nuts and seeds)
- T F I exercise regularly (3-5 times per week), every week.
- T F I engage in resistance exercise (ie- weight training, yoga, pilates, exercise bands).
- T F I engage in cardiovascular exercise (ie- jogging, trampoline, aerobics, or bicycle).
- T F I get adequate sleep (between 7-8 hrs each night).
- T F I push myself when doing exercise so that my heart rate and breathing rate are strong.
- T F I never skip meals, regardless of my schedule and personal obligations.
- T F I take a multi-vitamin daily to keep my body in balance.
- T F I take a multi-enzyme daily to aid in digestion.
- T F **(N/A for 1<sup>st</sup> Session)** I listen to hypnosis processes 3x daily to keep my mental outlook positive and my commitment strong.

# Visual, Auditory, and Kinesthetic Quiz

Read each statement carefully. To the left of each statement, write the number that best describes how each statement applies to you by using the following guide:

1	2	3	4	5
Almost Never Applies	Applies Once In A While	Sometimes Applies	Often Applies	Almost Always Applies

Answer honestly as there are no correct or incorrect answers. It is best if you do not think about each question too long, as this could lead you to the wrong conclusion.

Once you have completed all 36 statements (12 statements in three sections), total your score in the spaces provided.

## Section One - Visual

\_\_\_\_\_ 1. I take lots of notes and I like to doodle.

\_\_\_\_\_ 2. When talking to someone else I have the hardest time handling those who do not maintain good eye contact with me.

\_\_\_\_\_ 3. I make lists and notes because I remember things better if I write them down.

\_\_\_\_\_ 4. When reading a novel I pay a lot of attention to passages picturing the clothing, description, scenery, setting, etc.

\_\_\_\_\_ 5. I need to write down directions so that I may remember them.

\_\_\_\_\_ 6. I need to see the person I am talking to in order in order to keep my attention focused on the subject.

\_\_\_\_\_ 7. When meeting a person for the first time I notice the style of dress, visual characteristics, and neatness first.

\_\_\_\_\_ 8. When I am at a party, one of the things I love to do is stand back and "people-watch."

\_\_\_\_\_ 9. When recalling information I can see it in my mind and remember where I saw it.

\_\_\_\_\_ 10. If I had to explain a new procedure or technique, I would prefer to write it out.

\_\_\_\_\_ 11. With free time I am most likely to watch television or read.

\_\_\_\_\_ 12. If my boss has a message for me, I am most comfortable when she sends a memo.



Add up your total for \_\_\_\_\_ (note: the minimum is 12 and maximum is 60)

## **Section Two - Auditory**

- \_\_\_\_\_ 1. When I read, I read out loud or move my lips to hear the words in my head.
- \_\_\_\_\_ 2. When talking to someone else I have the hardest time handling those who do not talk back with me.
- \_\_\_\_\_ 3. I do not take a lot of notes but I still remember what was said. Taking notes distracts me from the speaker.
- \_\_\_\_\_ 4. When reading a novel I pay a lot of attention to passages involving conversations, talking, speaking, dialogues, etc.
- \_\_\_\_\_ 5. I like to talk to myself when solving a problem or writing.
- \_\_\_\_\_ 6. I can understand what a speaker says, even if I am not focused on the speaker.
- \_\_\_\_\_ 7. I remember things easier by repeating them again and again.
- \_\_\_\_\_ 8. When I am at a party, one of the things I love to do is talk in-depth about a subject that is important to me with a good conversationalist.
- \_\_\_\_\_ 9. I would rather receive information from the radio, rather than a newspaper.
- \_\_\_\_\_ 10. If I had to explain a new procedure or technique, I would prefer telling about it.
- \_\_\_\_\_ 11. With free time I am most likely to listen to music.
- \_\_\_\_\_ 12. If my boss has a message for me, I am most comfortable when she calls on the phone.

Add up your total for Auditory \_\_\_\_\_ (note: the minimum is 12 and maximum is 60)

## **Section Three - Kinesthetic**

- \_\_\_\_\_ 1. I am not good at reading or listening to directions. I would rather just start working on the task or project at hand.
- \_\_\_\_\_ 2. When talking to someone else I have the hardest time handling those who do not show any kind of emotional support.
- \_\_\_\_\_ 3. I take notes and doodle but I rarely go back a look at them.
- \_\_\_\_\_ 4. When reading a novel I pay a lot of attention to passages revealing feelings, moods, action, drama, etc.
- \_\_\_\_\_ 5. When I am reading, I move my lips.

\_\_\_\_\_ 6. I will exchange words and places and use my hands a lot when I can't remember the right thing to say.

\_\_\_\_\_ 7. My desk appears disorganized.

\_\_\_\_\_ 8. When I am at a party, one of the things I love to do is enjoy the activities such as dancing, games, and totally losing myself in the action.

\_\_\_\_\_ 9. I like to move around. I feel trapped when seated at a meeting or a desk.

\_\_\_\_\_ 10. If I had to explain a new procedure or technique, I would prefer actually demonstrating it.

\_\_\_\_\_ 11. With free time I am most likely to exercise.

\_\_\_\_\_ 12. If my boss has a message for me, I am most comfortable when she talks to me in person.

Add up your total for Kinesthetic \_\_\_\_\_ (note: the minimum is 12 and maximum is 60)

## SCORING PROCEDURES

Total each section and place the sum in the blocks below:

<b>VISUAL</b>	<b>AUDITORY</b>	<b>KINESTHETIC</b>
number of points: _____	number of points: _____	number of points: _____

The area in which you have the highest score represents your best learning style. Note that you learn in **ALL** three styles, but you normally learn best using one style.

# *A New Day Hypnosis*



This form is provided in order you help you understand several important things about your professional relationship with your hypnotherapist and your rights as a client. Please read all of the information carefully. Feel free to ask questions about any item that you may not understand and sign the bottom of this form when you have read all the information.

## Confidentiality

What you say to your hypnotherapist will be held in strictest confidence. However, you should understand that there are certain circumstances and conditions under which the content of your sessions may no longer be confidential. Below is a list of some, but not all of the circumstances under which your hypnotherapist may be ethically and/or legally obligated to disclose information about you. Because circumstances vary from individual to individual, it is impossible to provide a complete list of all possible circumstances under which the content of your sessions may no longer be confidential. Please discuss any concerns you may have about confidentiality with your hypnotherapist.

- a) Your hypnotherapist is ethically and legally obligated to disclose information given in confidence if there is reason to believe that you may harm yourself or harm someone else.
- b) Your hypnotherapist is ethically and legally obligated to disclose information given in confidence if there is reason to believe that you are involved in or have knowledge of child abuse/neglect or abuse/neglect of an elderly or disabled person.

Despite the personal nature of the work that you and your hypnotherapist do together, it is important for you to understand that you and your hypnotherapist have a *professional* and not a *personal* relationship. In order for your hypnotherapist to maintain his or her professional objectivity, the interactions between you and he/she will be limited to scheduled sessions. Please do not invite your hypnotherapist to social gatherings, offer gifts, or ask your hypnotherapist to enter into a business relationship or relate to you in any way outside of your scheduled appointments. You will be best served if your relationship with your hypnotherapist remains strictly professional and concentrates exclusively on your concerns. If you meet your hypnotherapist in public or in a social situation, be aware of his/her ethical responsibilities and expect a short conversation.

As a client, you have some important responsibilities. Please attend all scheduled appointments and be on time. Please remember that once an appointment is made, your hypnotherapist has set time aside for you and it is your responsibility to cancel/reschedule your appointments within 24 hours of your scheduled time. If you fail to cancel or reschedule your appointment within 24 hours, you will be charged a 50.00/hr. fee.

*I, the client, have read and fully understand the information covered in this form.*

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Client Signature



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**Hypnotherapy Client Disclaimer**

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I fully understand that I am receiving weight management counseling and not psychotherapy; my counselor has expertise in weight management - and may not have expertise in the treatment of serious psychological disorders. If I do want therapy for a psychological disorder I will request that my counselor refer me to a licensed clinician.

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Client Signature

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A New Day Hypnosis Representative