*Dear Client,*

*In order to ensure you have a safe and nourishing experience during your session please read, complete and return this form prior to your appointment.*

Name:

How did you hear about Helen Thatcher:

What (if any) is your previous experience of similar work:

Are you currently accessing a talk therapy, and if so please share briefly the key issues you are addressing:

Briefly, what is your main motivation for attending the session:

**Medical disclaimer:** sorry - this session is not suitable for those with strong psychological disturbances or those who have physical problems that would interfere with working on the floor.

**Injury disclaimer:** it is your responsibility to be aware of your own body processes and to take care of yourself during the session.

**Hygiene:** we will be working closely with each other, so for our comfort please ensure that you are freshly showered, wearing clean clothes and have brushed your teeth. ***This session is clearly stated as FULLY CLOTHED and NON-SEXUAL.***