

## Harbour Healing and Wellness Confidential Client Intake Form

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DONA trained Birth Doula

Location: 127 Pleasant Drive, Gaetz Brook, NS. B0J 2L0

Contact: 902-220-5824 [gmunroe2@gmail.com](mailto:gmunroe2@gmail.com)

Client name: \_\_\_\_\_

Client DOB: \_\_\_\_\_

Client marital status: \_\_\_\_\_ Children: \_\_\_\_\_ Siblings \_\_\_\_\_

Contact info: Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

How did you learn of my services? \_\_\_\_\_

Would you like to be added to my EFT email/newsletter well-being list? (free). ☐ YES ☐ NO

Please indicate which of the following apply:

- ☐ Chronic pain
- ☐ Depression
- ☐ Prolonged feelings of sadness, grief
- ☐ Feeling anxious, overwhelmed, stressed
- ☐ Lack of confidence or self-esteem
- ☐ Anger, frustration or resentment
- ☐ Relationship challenges or fears
- ☐ Phobias or fears, panic attacks, post traumatic stress disorder
- ☐ Need for more work/personal life balance
- ☐ Being stuck, clutter, procrastination, organization challenges
- ☐ Health, weight or wellness concerns
- ☐ Substance use or addiction
- ☐ Need to agree with or support others at the expense of my own well being

What is the most pressing issue you would like to focus/work on? Comments?

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What is one positive goal you would like to achieve?

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What have you tried in the past that has not helped with the issue(s)?

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Do you have any spiritual or religious beliefs you would like me to be aware of?

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Is there anything else you would like me to know about before our session?

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## What to expect from our session :

During the session(s) I will ask questions and have you talk about aspects of events to help me better understand your situation and to provide the best coaching possible. Sessions will be either in person or virtual by a secure Zoom Meeting, depending on your preference. My focus is to teach you EFT (tapping) so that you can achieve your goal. Each session last about 1.5 hours (adult) or 1 hour (child) starting from your appointment time. Our first session will of an introduction to EFT (if required). In addition, I will also teach you how to tap on your own, because EFT is even more effective when you're using it regularly.

Everything we discuss is completely confidential. We will have complete privacy during our session.

## What to expect after a session:

You are encouraged to tap on the easier issues on your own, as well as when a situation arises that is stressful. You can save the tougher, more complex, stubborn issues for your sessions with me. A round of EFT generally consists of tapping on the side of the hand followed by tapping on a series of points on your head and upper torso while talking about specific events and emotions. Generally it takes several sections (at least three) to resolve complex issues, because it usually involves more than one aspect. Some issues can be resolved in one session. Each client and their experiences are different.

## Fees:

Payment is due at the start of each session . I generally require a minimum of 24 hours notice for any cancellations or changes otherwise payment is still due unless you have an emergency.

Adults:

My fee for a 1.5 hour adult session is \$100. However as an introductory offer for new clients, before or after the first session, a block of 4 sessions can be pre-purchased for \$300, which basically means one session is entirely free.

Children 12 years of age or under:

My fee for a 1 hour session is \$75. However as an introductory offer for new clients, before or after the first session, a block of 4 sessions can be pre-purchased for \$225 which basically means one session is entirely free.

I look forward to our scheduled session. Please sign and print your name below to indicate that you have read and agree with to the above conditions.

Client name\_\_\_\_\_ (Print)

Client signature\_\_\_\_\_

Date\_\_\_\_\_

Please feel free to share in confidence any additional background information you would like me as the practitioner to be aware of so as to make the most valuable use of our time together.

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