



## New client intake questions

Yes/No

We understand these questions are very personal and as such you have our 100% commitment to confidentiality.

We rely on your full and honest disclosure to ensure this day of mindfulness is the best and safest course for you.

Have you practised mindfulness of meditation before, please list experience?

What do you hope to get from the course?

How would you know if it has been effective?

What current stressors do you have in your life?

Are there past experiences that still cause you stress?

Do you have a history of trauma?  
If so do you actively experience symptoms such as flashbacks, nightmares or difficulty with attention?

Are you currently seeing a therapist or counsellor and if so do they know about this course of mindfulness?

## New client intake questions cont.

Yes/No

Have you considered or attempted to take your life and if so are you willing to tell me a little more?

Do you take medication for phsycological issues?

Do you have specific physical health issues and if so please list?

Do you have :  
Asthma or breathing difficulties

Epilepsy

Low blood pressure

Diabetes?

Do you take medication and if so please list?

Are there any other health or background considerations you think I should be aware of?

Is there anything else you would like me to know?