

The information given in this form will be kept *completely confidential*, and will not be seen by anyone other than Karen Melton. Thank you for providing it.

Please use additional pieces of paper if necessary, and attach them to this form.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

Phones: \_\_\_\_\_  
Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

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

D.O.B.: \_\_\_\_\_ Age: \_\_\_\_\_ Profession/past profession: \_\_\_\_\_

Do you have any medical conditions that would exclude you from physical activity in a session? Yes \_\_\_ No \_\_\_ Please explain:

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Do you have any areas of your body that need special consideration?

Are you presently taking any medications or drugs? (Give name of medication, and for what condition):

Are you presently using any recreational drugs, alcohol or nicotine? (Give amount per day/week):

What psychological or bodywork training have you had?

What kinds of psychological or bodywork therapy have you experienced, and for what period of time?

Are you in therapy or having regular bodywork? If yes, with whom?

Does this person have pre and peri-natal facilitation skills? Yes \_\_\_ No \_\_\_

Name \_\_\_\_\_

List other physicians or health care practitioners you are being treated by:

List any other support you have?

Please check what you know or think applies to your birth history:

- an unmedicated vaginal birth in a hospital
- an unmedicated vaginal birth at home
- an anesthesia birth
- cesarean section
- a multiple birth
- other birth complications, please explain:
- with fetal heart monitor
- with cranial suction
- with forceps
- breech

Please check what you know or think applies to your prenatal and birth history:

- I had a twin that did not live. At what point in the pregnancy or postnatal time did your twin leave? \_\_\_\_\_
- I was premature. How many weeks? \_\_\_\_\_
- I was in Neonatal Intensive Care Unit - please state how long? \_\_\_\_\_
- I was incubated. How long? \_\_\_\_\_
- I was conceived through assisted reproductive technology (I.V.F., sperm or egg donor, etc) - please state which:

Where was your father during the birth?

Were you separated from your mother at birth? (sent to nursery)?

Were you breast-fed?  Yes  No If yes, how long? \_\_\_\_\_

Men, were you circumcised as an infant?  Yes  No If yes, was anesthesia used?

Please tell me about any interventions shortly after your birth such as hospitalization for illness or high jaundice, operations, illnesses as an infant or child.

Name \_\_\_\_\_

Did either or both of your parents lose another child to miscarriage, abortion, stillbirth, or childhood death? If yes, are you aware of how this affected you? Give dates and circumstances:

**Who raised you?** Were your parents your natural parents? Were you raised by a single parent? If your parents split up, how old were you? Did you have other major primary care givers like grandparents, aunts, uncles, guardians or adoptive parents?

Do you or did you have siblings? Indicate ages relative to you, nature of relationship as children:

Please tell me any other information you know concerning **your conception**, your parents' attitude toward having you (planned, unplanned, wanted, confused, unwanted). If unwanted, did they consider or attempt abortion?

What do you know about **your life in the womb**, including physical effects (maternal or paternal smoking, drinking, drugs, mom's diet), and emotional effects including absence or presence of father during pregnancy or birth, parent's relationship with each other during your pregnancy, siblings' attitude toward your birth? If you are adopted, give information about transition in hospital and new family, as well as any birth history known:

Have you ever lost a child to miscarriage, abortion, stillbirth, death? Yes \_\_\_\_ No \_\_\_\_  
If yes, please explain circumstances and dates and how this affects you today:

Name \_\_\_\_\_

Have you ever been, or are you, in an abusive relationship? Yes \_\_\_ No \_\_\_  
If yes, please state when, what relation the person was or is to you, whether the abuse was or is physical, sexual or emotional. If a past relationship, what action did you take? If present, what are you doing about it? Please give details:

Have you, or anyone in your family of origin, been diagnosed with mental health issues, e.g. bipolar, schizophrenia, depression, etc? Yes \_\_\_ No \_\_\_ If yes, please explain:

Have you or anyone in your family taken prescribed medications for mental health issues? Yes \_\_\_ No \_\_\_ If yes, please explain:

Have you ever been hospitalized for mental health reasons? Yes \_\_\_ No \_\_\_  
If yes, please describe the circumstances and outcomes with dates:

Has anyone in your family ever attempted or committed suicide? Yes \_\_\_ No \_\_\_  
Have you ever contemplated or attempted suicide? Yes \_\_\_ No \_\_\_  
If yes, please describe the circumstances with dates:

Do you have children? Yes \_\_\_ No \_\_\_ If Yes, state their ages and your experience of their gestation and birth:

Signature \_\_\_\_\_ Date \_\_\_\_\_