Naturally Unbridled Wellness

Initial Intake Form

Compassionate Breakthroughs:

Finding meaning and understanding in your life through Spiritual Direction.

(All information provided below is held confidential and will not be disclosed.)

Name: _____ Street Address: _____

City: _____ State: _____ ZIP: _____

Best Phone: _____ Email: _____

Experience a caring perspective and thoughtful questions to help you shift the sometimes-damaging narrative you tell yourself about things in your life. It all starts with intently listening to you and your feelings about where you are on your journey. Whether you are seeking spiritual connection or better understanding in your life, you will receive restorative listening in a responsible and caring manner. **You will leave the session feeling grounded, heard, and understood.**

General Questions

1. What events/circumstances led you to explore this meeting?

2. Have you ever received spiritual direction or restorative listening previously?

   Yes ____ No ____ If yes, describe:

3. What are your expectations of this meeting?

4. Do you use a journal? Yes ____ No ____

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5. Have you received any of the COVID vaccines? Yes ☐ No ☐

If yes, how many? _____

Confidentiality Information and Release

Information shared in Compassionate Breakthrough sessions is confidential and will not be discussed or released to anyone, except in cases where there is sufficient cause to believe that a life is in danger, or when there is a threat of self-harm. In addition, to gain perspectives and ideas as to how best to help you reach your goals, I may meet with other professional spiritual directors regarding supervision for our sessions but will not identify specific information being disclosed. Spiritual directors are also required by law to report child abuse, child sexual abuse, elder abuse or intentions to harm self or others. If you have any questions or reservations about the policy regarding confidentiality, then the policy should be discussed before signing below. By signing below, you are accepting the confidentiality policy, its limits and exceptions.

Spiritual Direction Agreement

The following are the guidelines for a spiritual direction relationship.

- It is understood that the relationship pertains to and concerns the spiritual life of the directee. It does not directly concern itself with psychological counseling, psychotherapy, or medical practice of any kind.
- Each session will last 50 minutes, beginning at the scheduled time.
- Notification should be given within twenty-four (24) hours if an appointment cannot be kept by either party.
- Spiritual direction may be discontinued at any time, by either party. Courtesy would require that advanced notice be given.
- An evaluation of the relationship may be made about every 6 months.

I understand the above and agree to the terms set forth.

Name (printed): _____

Signature: _____

Date: _____