

• Height____. Weight____. Do you have any area of your body that needs special consideration?

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

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

• I have access to follow up therapy after this workshop? Yes___No

If yes, with whom? _____

Does this person have pre and peri-natal facilitation skills? Yes _____. No _____.

If you do not have access to follow up therapy, what do you plan to do to support yourself after this workshop?

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

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

_____ an unmedicated vaginal birth in a hospital

_____ an unmedicated vaginal birth at home

_____ an anesthesia birth

_____ with forceps

_____ with cranial suction

_____ with fetal heart monitor

_____ c-section

_____ breech

_____ a multiple birth

_____ other birth complications, please explain.

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 post natal time did the twin leave?

_____ I was premature. How many weeks?

_____ I was in a Neonatal Intensive Care Unit. Please state how long.

_____ I was incubated. How long?

Where was your father during your birth?

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

Were you breast fed?____ If yes, how long?____

Men, were you circumcised as an infant?_____.

Please note any interventions shortly after birth such as hospitalization for illness or high jaundice, operations, illnesses as an infant or a child.

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 biological parents? Where 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, aunt and uncles, guardians or adoptive parents?

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

Please relate 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, parents' 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 or death? Yes___No___. If yes, please explain circumstances and dates and how this affects you today.

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 and or emotional. If a past relationship, what action did you take? If present, what are you doing about it. Please give details.

Have you ever been prescribed medications for mental health reason? Yes___No____. If yes, please describe the circumstances and outcomes with dates.

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___ If yes, please describe your relationship to the person and the circumstances with dates.

Have you ever contemplated or attempted suicide? Yes_____No_____. If yes, please describe the circumstances with dates.

I agree to the following (*please initial each and sign at the bottom*):

- _____ To allow my contact information (name, address, phone number, email, and birth date) to be shared with other participants in this workshop prior to the workshop, or to send an email within two weeks of signing up for the workshop specifying what contact information I do not want shared.
- _____ Taking responsibility for my well-being during and after the workshop.
- _____ Being in good physical, emotional and mental condition and able to participate in the regularly scheduled activities of the workshop.
- _____ Maintaining confidentiality about what takes place in the workshop.
- _____ Reading and agreeing to the logistical information for this workshop, available on the website; particularly the cancellation policy, food restrictions, and scheduling, including start and end times and lunch and snack breaks.
- _____ Attending all scheduled days, arriving on time at the beginning and after lunch breaks, and leaving at the end of the day after the workshop is complete. If flying in, I will plan to arrive at least two hours early in case of airline delays.
- _____ Payment of fees as outlined on the website, including cancellation fees.
- _____ Abstaining from alcohol, recreational drugs and nicotine from the day before the workshop until the completion of the workshop including breaks and evenings.
- _____ Not using perfume or aromatherapy or strongly scented shampoos.
- _____ Abiding by any food restrictions at workshop locations. In Santa Barbara and Ojai, this means bringing only vegetarian food (no meat, fish, fowl, eggs) onto the site.

Signature

Date