**Carmen Martinez Jover**

Hypnotherapist & Regression Therapist

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All information will be kept strictly confidential. If you are uncomfortable with any of these questions, feel free to skip them however the more you can tell me about yourself the more I can help you. Please complete and sign the form and return it to me.

Name

Date of Birth Age

Address

Phone

Mobile

Email

Personal Status

Name of Spouse/Partner

Names and Ages of Children

List your 2 favourite colours in order of preference

List your 2 favourite places in order of preference

How do you like to relax?

List any fears or phobias

Do you experience any compulsive tendencies?

Have you ever needed to work with mental health professionals? If yes what where the details.

Is a doctor treating you? If yes what are the details?

List any medications you are currently taking and the side effects.

Are you currently experiencing any of the following? (Please check all that apply)

\_\_ Nervousness, \_\_ Inability to relax, \_\_Sleeplessness, \_\_ Depression, \_\_Nail- biting,

\_\_Nightmares, \_\_ Sexual dysfunction, \_\_ Compulsive tendencies, \_\_ Teeth grinding,

\_\_ Poor health, \_\_Alcohol abuse, \_\_ Drug abuse, \_\_ Cigarette smoking, \_\_\_ Compulsive

Overeating, \_\_Self mutilation, \_\_ Serious eating disorder, \_\_Co-dependency, \_\_Inability to

focus attention \_\_Poor memory, \_\_ Marital problems, \_\_Recent divorce, \_\_War trauma,

\_\_ Childhood trauma, \_\_Illness or death of a loved one, \_\_Lack of energy, \_\_Low self-esteem

\_\_ADD or ADHD, \_\_Abusive home situation, \_\_Abusive work situation, \_\_Lack of success

Do you have any other current health problems?

What are your three most important lifetime goals

List your three favourite hobbies

What is your current occupation?

Do you enjoy your work?

Please list things that you would like to do better

How would you describe your parents?

How is the relation with your parents now?

What is your greatest dream for yourself?

Why are you seeking hypnosis therapy?

How did you hear about me?

I understand that the success of my hypnosis therapy depends on my ability to relax and my desire to create change in myself.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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### Hypnosis Learning Channels

Please mark any item that seems applicable to you.

##### Auditory Learning Channel indicators

1. Prefers to have someone else read instructions when putting a model together.
2. Reviews for a test by reading notes aloud or by talking with others.
3. Talks aloud when working on a maths problem
4. Prefers listening to a cassette over reading the same material
5. Commits a number to memory by saying it repeatedly.
6. Uses rhyming words to remember names.
7. Plans the upcoming week by talking it through with someone.
8. Likes to stop and ask directions.
9. Prefers oral instructions from an employer.
10. Keeps up on news by listening to the radio.
11. Able to concentrate deeply on what another person is saying
12. Uses free time for talking to others.
13. Sings or plays a musical instrument well.
14. Prefers talking/listening games.

##### Visual Learning Channel Indicators

* 1. Likes to keep written notes.
  2. Typically reads a billboard while driving.
  3. Puts a model together correctly using written directions.
  4. Follows written recipes easily when cooking.
  5. Reviews for a test by writing a summary.
  6. Writes on napkins in a restaurant.
  7. Commits a number to memory by writing it down.
  8. Can put DIY furniture together from instructions.
  9. Uses visual images to remember names.
  10. Loves to read books.
  11. Plans the upcoming week by making a list.
  12. Prefers written directions from an employer.
  13. Prefers to get a map and find own way.
  14. Prefers reading/ writing games SCRABBLE

##### Strong In Touch movement (kinaesthetic) Channel

1. Likes to build things.
2. Uses sense of touch to put a model together
3. Can distinguish items by touch when blindfolded.
4. Learns touch system rapidly in typing.
5. Moves with music.
6. Doodles and draws on any available paper.
7. An out of doors person.
8. Moves easily; well co-ordinated
9. Spends time on crafts and handiwork.
10. Likes to feel texture of materials.
11. Prefers movement games to games where one just sits.
12. Finds it fairly easy to keep physically fit
13. One of the fastest in a group to learn a new physical skill.
14. Uses free time for physical activities.