

Why are you here today? _____

What is your desired outcome – what do you wish to accomplish from our sessions? _____

How will you know you have accomplished your outcome? _____

What steps have you taken to resolve this issue in your life? _____

Have you ever been hypnotized? YES NO

If yes, please explain _____

Are you currently taking any drugs or medication (prescription or OTC) YES NO

If yes, please explain _____

Please describe your overall health _____

What (if anything) do you do for exercise/relaxation? _____

What is your daily stress level – please describe _____

One of the basic presuppositions of the work we are about to begin is that you (the client) have all the resources inside you to solve the problem(s) you are here to address. You are experiencing problems now – and my job is to help you navigate the terrain between where you are currently and where you want to be. The following questions will help me understand your world-view and will enable me to better guide you to your own internal resources. If you feel more comfortable discussing the following questions in person, just leave them blank for now.

Please describe your religious education/upbringing _____

What are/is your current religious belief(s) _____

Do you believe in past lives? _____ Do you believe in reincarnation? _____

Do you currently engage in prayer, meditation, yoga, energy work (chi gung, tai chi, etc.) _____

How often do you practice the above? _____

Have you ever had a NDE (near death experience)? _____ If YES, tell me about it

Have you ever had a religious epiphany? _____ If YES, tell me about it _____

If you could go anywhere when, upon arriving, you could allow yourself to relax completely, where would you go (or where have you gone)? Would it be a beach, mountains, a room somewhere?

Is there anything else you would like to tell me now? _____

1. *I am willing to be guided through relaxation, visual imagery, hypnosis, Time Line Therapy™, NLP, and/or stress reduction techniques. I am aware these modalities are non-medical in nature and it is my responsibility to consult my regular doctor about any changes in my condition or changes in my medication.*
2. *I understand the above modalities are not substitutes for regular medical care and I have been advised to consult my regular medical doctor or health-care practitioner for treatment of any old, new or existing medical conditions.*
3. *I understand that change is my responsibility. The therapist is only a “facilitator” in the process of solving my problem(s). It is my responsibility to be open and honest, provide accurate feedback and be forthcoming with details and information that may help me achieve my outcomes.*
4. *I understand I may be assigned homework, tasks or other responsibilities; and I agree to follow any instructions to the best of my abilities, realizing they are specifically designed to help me achieve my outcomes.*
5. *Both my time and George Gillas’ time are valuable. I agree that a four hour minimum cancellation period is required if I am unable to keep an appointment. If necessary, I will call George Gillas at 602.527.0142 to reschedule. If I do not give a four hour minimum notification I will be charged and agree to pay for one-half hour additional time on my next appointment. George Gillas also will abide by this policy – if he has to reschedule with me, he will provide one-half hour additional time at no cost to me if he fails to notify me within four hours of our appointment time.*
6. *I understand and agree that unless other arrangements have been made (see page 5), payment will be made in full at the completion of each session billed at the hourly rate of \$150.00 (15-minute increments).*
7. *I understand and agree that I will be billed \$150.00 flat rate for the initial consultation, which will last approximately 2 – 2.5 hours. If at any time during the initial consultation either George Gillas or I decide, for any reason, we do not wish to continue, there will be no charge. When I complete the initial consultation, I will be responsible for payment of that session.*
8. *Payment can be in the form of cash, check (payable to Janus Center for Personal Growth), MasterCard, Visa, American Express or Discover. I will be charged \$25.00 fee for any returned check.*

Trust and open communication are vital to our success in achieving your outcomes. It is my goal to do the least amount of work and achieve the greatest amount of change in the shortest time possible. Your willingness to be honest and forthcoming during the initial intake and all subsequent sessions is vital to your outcome. The work we are about to begin is a “do with” not a “do to” process.

Now for a moment - could you close your eyes and imagine yourself in the future. Seeing yourself there, now, look back at yourself having made the changes you needed to make. Seeing yourself having made those changes you do like the way you look now, don't you?

Client's Signature _____ Date _____

What you say here... what we do here... it *all* stays here.

What to expect at your initial intake meeting

Questions often arise about the intake meeting so I have added this briefing to help you feel even more comfortable with the process. The first point I want to stress is confidentiality. *I will never tell anyone anything we discuss.* That includes your spouse (if you are married). What we talk about stays between us. I will not acknowledge that you are a client should we meet someday in public – even after your program is completed; the fact that you were my client is something that I keep in confidence. If you want to share that we worked together – great! I love referrals...

Why does the initial meeting take 2 hours (or more)?

I remember learning “prescription without diagnosis is malpractice” many years ago. My approach to helping you reach your goals is to treat the underlying cause of the problem, not the symptoms. I need to be able to understand “how” you do the problem, what are its roots, where did it come from, how does it affect you today. Once I have the detailed personal history, I can create a “game plan” to disconnect the root cause. And, you will experience the symptoms disappearing.

What will we talk about?

Each client is unique. I let the conversation flow freely for the most part. One thing you will not hear me ask is “How do you feel about that...” Together we will uncover the roots of the problem, and typically, clients leave after this meeting feeling better and more hopeful than they have in a long time. Thinking about things now is not suggested. You’ve already taken the first step to eliminating the problem. So, relax... I’ll see you soon.

Will you hypnotize me?

No. You will have the option to sit in a comfortable recliner, put your feet up and relax. Our conversation will be a conversation, not a hypnotherapy session. I never do anything with a client without their permission. Should we decide to utilize hypnosis as part of your program we will discuss it in detail before we start.

What if I have “stuff” I do not want to tell you – or at least not tell you yet?

I understand this. When you are ready, and if it is necessary, you will open up. This is not “talk therapy” so at times; clients have been very successful resolving deep core problems without ever telling me the details. (I actually did this in my training) I am the tour guide in the process – your mind has all the answers and it knows what is best for you. After doing this for several years now, I can tell you with a great deal of confidence that nothing you tell me will shock me or surprise me. I don’t judge the events of your past. My main concern is helping you disconnect the negative emotions attached to the events. Another great philosophy I learned in my training is “There is no content in content worth knowing. Just let it all go by and simply listen for what you are listening for.” In other words, my knowing the details, and you having to recount them, is not important in the process of solving the problem. Now that is refreshing, isn’t it!

You talk about root causes, what if I can’t remember the root cause of my problems?

No problem. Your conscious mind probably cannot recall them and your unconscious (sub-conscious) mind has recorded them perfectly. It is your unconscious we are interested in talking with. And your experience of learning to listen to and trust your unconscious mind moves you closer to healing.

Can I talk to you between sessions – or even before the intake if I have questions?

Yes. Communication is paramount to your success. Call or email me. Both my email and voice mail are private.

How does payment work? Can I prepay sessions?

Yes. You can save ten percent with a Three-session Pre-pay option.

At the conclusion of our intake meeting, I will give you an estimate of how many hours we will likely need. When we meet for your first session, I will present you with a more detailed treatment plan. I present the Customized Treatment Plan at your first session. At that time, you will have the option to prepay for three sessions – six hours of one-on-one time.

We cannot accurately predict exactly how many hours we will need; some clients are complete in 2 hours, some need 12. The Three-session Pre-pay option has two primary advantages for you. First, you will save \$90 (\$150/hour x 6 hours = \$900 – 10% = \$810). The second benefit is that we will bill subsequent sessions at the 10% discounted rate so you save even more if you require more time to achieve all your goals.

For your convenience, we accept MasterCard, Visa, Discover and American Express.