

Client Case History

Thank you for completing this form prior to your appointment. This form is designed to help us make the most of your session and focus on what matters most to you. If any questions are unclear or cause concern, feel free to omit them.

Name:

Address:

Date of Birth:

Contact Number:

Occupation:

Email:

How did you hear about me?

Family and Relationships:

Please highlight your current situation

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> Single | <input type="checkbox"/> Living with Parents | <input type="checkbox"/> Married |
| <input type="checkbox"/> Living Alone | <input type="checkbox"/> Living with Partner | <input type="checkbox"/> Separated/Divorced |
| <input type="checkbox"/> Widowed | <input type="checkbox"/> Other (please specify): _____ | |

Spouse / Partner's name (if applicable):

Children's Names & Ages (if applicable):

Health and Well-being Section:

Past Medical Events:

Please list any significant surgeries, illnesses, or accidents (approximate dates):

Any Known Stress or Complications During Your Birth:

Please share the concerns or goals you hope to focus on during the session:

Emotional Challenges or Traumas (if any):

List any significant events (e.g., bereavements, family changes, school challenges) with approximate dates:

Relationship Challenges:

Describe any issues (past or present) with school, family, friends, etc.:

Terms and Agreement

I understand that Amanda Brooks does not provide medical diagnoses or treatments and that it is my responsibility to consult a medical professional regarding any health concerns. I accept that any advice provided during our sessions is for my consideration, and I am responsible for any actions I take as a result.

I have read the Terms of Service found at <https://www.findyourinnerharmony.co.uk/terms-of-service> and completed and signed the Privacy Consent Form below.

Privacy Consent Form

(In line with UK GDPR requirements)

(Please complete all sections)

Database Consent

I hereby give do not give permission (*please delete as appropriate*) for Amanda Brooks to securely store my contact details for the purpose of managing bookings and appointments.

The data held may include:

- Name
- Address
- Telephone number
- Email address

Case Files

Case notes and session records will be kept securely in a non-digital format. You may request access to your records at any time.

E-Newsletter Consent

Please tick one option:

- I give consent for Amanda Brooks to add my email address to her newsletter to receive updates, offers, and resources
- I do not give consent

You may unsubscribe at any time.

Data Retention

Client records are retained for up to **7 years** in line with professional and insurance requirements. After this time, records will be securely destroyed. You may request access to your records within this period.

Your Data Rights

You have the right to:

- Access your personal data
- Request correction of inaccurate data
- Request deletion of your data (where legally possible)

Contact & Complaints

If you have any questions or concerns about how your data is handled, please contact:

Amanda Brooks

✉ amanda@findyourinnerharmony.co.uk

We aim to respond within 30 days.

If you are not satisfied, you have the right to contact the Information Commissioner's Office (ICO):

<https://www.ico.org.uk>

Print Name:

Signed:

Date: