

Sharon McCann, RPC, RCCH  
Counselling & Hypnotherapy

www.hypnomccann.com • 250-703-3724 • hypno.mccann@gmail.com

PERSONAL INFORMATION QUESTIONNAIRE

This 2-page questionnaire is to be completed on request for a scheduled appointment. **Please bring it with you to the first appointment.** This information will be kept confidential and remain the property of Sharon McCann, RPC, RCCH.

Full Name:

Age:

Email:

Address:

Phone:

May I contact you at home?

Person and phone to call in emergency:

Marital status:

If separated/divorced, how long:

Current family composition:

Religion/Spiritual affiliation:

Race/ethnic/cultural background:

Occupation:

Employer:

Length of employment:

Last physical exam:

Are you currently under the care of a physical or mental health care provider? If so, for what reasons:

Are you taking any medications? If so, for what reasons?

Have you ever had a serious accident? Surgeries? Hospitalization? If so, please describe briefly:

How much and what do you do to exercise weekly?

Describe your eating habits:

Describe your sleep patterns:

Women only: Any miscarriages, abortions, postpartum depressions, give-up of a child at birth, etc?

Do you have a diagnosed mental/emotional disorder? If yes, please specify:

Do you have a history of seizures or hallucinations? If yes, please clarify:

Expectations of Therapy

Previous experience of hypnosis:

What other therapies have you tried for your issue?

How did they help and how did they end?

What do you expect from counselling and/or hypnotherapy?

About Your Issue

What is your issue?

Who supports you in mastering your issue?

What strengths and abilities do you have the most confidence in to master your issue?

What has been helpful in dealing with your issue?

Rate your mood on a scale of 1 to 10, with 1 meaning life is not worth living and 10 meaning that life is great and you are optimistic about your future:

How do you manage stress?

What would your life be like without this issue? What would you do that you cannot do now?

How did you find my service?

May I contact you later to follow up on your success with counselling and/or hypnotherapy?

Would you like to receive email notifications of my events, workshops and special sessions with reduced prices?