



# PSYCHOSOMATIC THERAPY COLLEGE

## *The Magic of Body Mind Communication*®

### BMA & Evaluation Report

Name..... D.O.B. .... / ..... / .....

Address.....

..... Post Code..... Phone.....

This **Evaluation & Analysis Report** provides you with information about your physical and emotional condition, some of your conditioned belief systems, suggests how you may resolve internal conflict and improve the energy flow throughout your body-mind.

We feel sure this will :

- \* Help you gain an in-depth understanding of yourself and integrate the conscious and subconscious mind and change unwanted habits
- \* Assist you to seek appropriate treatment of your choice
- \* Help you monitor the progress of your overall personal growth

You are the co-creator of the body shape you are in, so you can, to a considerable extent, change this to the shape you would feel happy and balanced with. You have shared every experience since conception with this body. Why not enjoy being part of its growth and change to reshape your body and your life to the way you would want it to be?

#### **1 Central core energy and the response of the outer sheath.**

7 & 6 Mental .....

.....  
.....

5 Throat .....

.....  
.....

4 Heart.....

.....  
.....

3 Solar plexus.....

.....  
.....

2 Sacral.....

.....  
.....

1 Base.....

.....  
.....

.....

**2 Four major body splits ~ Comments & overall energy balance**

Left/Right.....  
.....  
Head/Torso/Limbs.....  
.....  
Top / Bottom.....  
Front / Back.....

**3 Overall personality and conditioning**

Skin.....  
.....  
Muscle tone.....  
Tissue growth / distribution.....  
.....  
Body temperature.....

**4 Feet ~ note any left and right differences**

Tops.....  
Bottoms.....  
Inner Edges.....  
Outer Edges.....  
Direction of Foot Point while *standing* and *walking*.....  
Shape & Characteristics.....

**Toes** overall quality of each individual toe:-

Big toe.....  
Second toe.....  
Third toe.....  
Fourth toe.....  
Little toe.....

**5 Joints ~ condition**

.....  
.....

**6 Ankles**

.....  
.....

**7 Calves**

.....  
.....

**8 Knees**

.....  
.....

**9 Leg frame**

.....  
.....

**10 Leg type**

.....  
.....

**11 Thighs**

.....  
.....

**12 Pelvis Shape**

.....  
Flexibility.....  
Type.....  
.....  
.....

- 13 **Buttocks**.....  
.....  
.....
- 14 **Abdominal region :**  
Belly.....  
.....  
Hips.....  
.....
- 15 **Breathing patterns & Diaphragm**.....  
.....  
.....
- 16 **Chest**  
.....  
.....  
.....
- 17 **Shoulders** ~ *note any differences between the left and right*  
.....  
.....  
.....
- 18 **Spine** ~ condition  
Lower back .....  
.....  
Upper back.....  
.....
- 19 **Arms**  
Upper.....  
.....  
.....  
Forearm.....  
.....  
.....  
Elbows.....  
.....  
.....  
Hands.....  
.....  
.....
- 20 **Neck, voice and speech**.....  
.....  
.....  
.....
- 21 **Head, shape size, carriage and focus**  
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.....  
.....

**Comments and advice on the findings in the analysis report.**

The greatest changes occur in the physical body when corresponding changes are made in the awareness and attitudes at the mental and emotional levels and postural integration. Additionally there needs to be a physical release of the memory of the emotions and trauma locked into the tissue and physical growth patterns. These retard the energy flow and create armouring against new experiences and need to be released through massage, deep tissue work, shiatsu work on the energy meridians, healing and balancing of the central core energies. A change in attitude, awareness, beliefs and negative emotions can be achieved through Hypnotherapy and Neuro Linguistic Programming. I also invite you to use the information on this analysis and evaluation sheet to do the work suggested for your self or select a methodology and practitioners of your own choice.

