



Psychosomatic Lifestyle Consultation Form

Psychosomatic Lifestyle Consultation for analysis of the client’s bodymind condition in terms of (a) general health (b) relationships (c) mental attitudes & emotional issues anatomy and language (d) behaviors or (e) life purpose & direction. Talk Therapy offers the client and practitioner time to build rapport while exploring the initial stages of Psychosomatic Therapy awareness. **The practitioner can make a lifestyle assessment while the client is filling in the client case history form.**

Client Name Date

Date of birth Soul and Personality Numbers

Purpose of visit stated by client

Practitioner Observations

(obtain a video of your client walking to and from the camera prior to any online session)

Client’s walk – observe the yin yang (L = Yin / R = Yang) differences both away and toward the camera

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Client’s stance and toe point

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Client’s carriage of the head – eye position and gaze, visual, audio, kinaesthetic

(obtain photo front / profile – L/R)

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Client's handshake (if face to face - consider health restrictions and touching)

Hand Shape / Skin / Knuckles / Joint Flexibility / Fingers / Sensitivity

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Client's posture and alignment (photos front / back / side)

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Client's spine – reference to chakras flow and shape

Supportive tissue quality / Curvature and condition of the spine / Thorax condition / Lumbar condition

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Breathing Pattern – How do you feel about your body at the moment?

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Client's body shape

Top / Bottom Split / Front Back %

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Client's arm position

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Shoulders – forward, back, raised / lowered, braced

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Other relevant observations

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Client Soul and Personality Numbers

Use the client's birth date with the Soul and Personality Instruction Sheet to calculate the client's Soul and Personality Numbers.

- Add each number separately in the birth date
- Calculate the personality and soul numbers
- Determine the attributes and challenges for each number and chakra as related to the client

Compare and explain how the Soul and Personality Numbers map link with the client's body shape/story and overall assessment

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Explain the Soul and Personality Numbers reflection to the client

Help the client understand the link between their body (the shape they are in) and their Soul & Personality Numbers. Self reflect on the client's response and write your comment.

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Read the client case history form and review

Review the client's case history form with the lifestyle consultation and ask any additional questions to further understand the client's condition and issues.

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Recommended Psychosomatic Therapy treatment plan

Psychosomatic Therapy is based on a self healing process directed by you, the practitioner, your observation, and the study of the client's body shape and condition. The client's body requires mental, emotional and physical attention, and the assistance of self awareness, tools provided and the application of the remedial recommendations. The client is supported in a patient, caring and safe atmosphere that allows the repressed and unacknowledged challenges of their life to surface and release. Incredible changes can be experienced in a short time even when it has been suppressed for years.

If needed, please indicate which therapy session(s) you recommend for the client :

- Body-Mind Analysis (BMA) with written / recorded reports and work sheets
- Face Reading
- Hand Reading
- Foot Analysis
- Emotional Release Body Work with centre core energy balancing

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Recommended practices and/or other therapies

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Practitioner Name Practitioner Signature