

JUNGIAN COACHING INTAKE INFORMATION

Name:

Age:

Preferred Contact Method (text, email, etc.):

Contact Information:

The following information will be kept confidential and is intended only to help me meet you where you are today and support your soul's wish and future self. It will not be shared in any way with any other person. Please share as much or as little as you feel comfortable doing.

What prompted you to seek coaching?

What do you hope to accomplish after 5 sessions?

Have you engaged in coaching programs before and if so, please list which ones, describe your experience and your outcomes.

What did you enjoy most about your other coaching experiences?

What do you wish you could have changed?

What do you hope to experience working with a coach?

Is there anything you would like to share about your current medical conditions that would be relevant to our work together? (Example, being treated for anxiety, depression, stroke, hypertension, etc.)

Are you taking any medication to support your mental health or mood-altering substances?

Are you currently being treated for or have you ever been treated for addiction? Is there anything you wish to share about this experience?

What are your regular spiritual, physical, and/or mind/body related practices?

How do you feel about meditation or other mind-body practices?

Are you now working with, or have you ever worked with a therapist? When was the last time? How was the therapy helpful?

How did you hear about my coaching practice?

