**Pre-Intake phone call**

Ask a little bit about them. What brought them here and would they like to work on?

Are there any other concerns you should be aware of?

Are they on medication?

Are they currently participating in any other wellness program?

Do they have any experience with sound healing?

\*As a client, all information you share about yourself will be kept confidential. Only with your permission will information be released to anyone you would like to open your experience to.

**Information that is considered confidential can include:**

* name, date of birth, age, sex and address.
* current contact details of family, guardian etc.
* bank details.
* medical history or records.
* personal care issues.
* service records and file progress notes.
* individual personal plans.
* assessments or reports.

**Assessment Considerations**

* + Wear comfortable clothing and be prepared to take your shoes and socks off
  + No heavy aerobic exercise 60 minutes prior to assessment
  + No coffee, tea, or caffeine 2 hours prior to assessment
  + No heavy meals 90 minutes prior to assessment
  + No alcohol or drugs 12 hours prior to assessment
  + No tobacco 30 minutes prior to assessment
  + Note any medications

By attending the SANGA Intake Session I agree that this program is not intended to diagnose, treat, cure, prevent or otherwise reduce the effects of any disease or ailment. I will consult a licensed and qualified health care provider for diagnosis, medical care, and treatment. The information is not, and nothing contained here is not claimed to be written, edited, or endorsed by a licensed health care provider. This information should not substitute seeking qualified medical care or substitute any treatment prescribed by a licensed medical professional for a specific health condition. I will adhere to recommended treatments for my condition and not to change the dosage or stop taking my prescribed medication(s) without consulting with my therapist and/or physician who is managing the medication(s). Failure to do so may produce undesired side effects that may interfere with my therapy and my health. The emWave® Pro, emWave2®, Inner Balance™ and the HeartMath® techniques are designed as tools for achieving individual balance, optimal performance, enhanced self-regulation and growth. Although both instruments and these exercises are believed to be safe and have potential benefits, no specific medical benefits or cures are promised or implied. These programs and exercises are not to be used as or used in lieu of any course of established medical or psychological treatment. None of the feedback or summary data provided in the software is to be interpreted as medically or psychologically diagnostic, but rather as adjunctive to established medical diagnoses. Heart rate variability patterns differ widely from one person to another. There are no right or wrong patterns. The coherence scores in the programs and games are especially useful for comparing one’s own progress in increasing the ability to maintain a physiologically coherent state with practice; they should not be compared between individuals.