

# FORM 18: Pre-Session Intake Form for New Clients

From Riz & Oriah:

Before a session even begins, the energy is already speaking.

This intake form is a sacred tool. It invites your client to drop into intention—and helps you prepare your field to meet them there. It's not about asking invasive questions. It's about listening to their soul before they speak a word. Choose between forms, to find the one that feels the most like you.

Send this before your first session with any new client.

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## ◆ CLIENT INTAKE FORM ◆

All responses are confidential and held with deep respect.

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Full Name: \_\_\_\_\_

Pronouns (optional): \_\_\_\_\_

Email: \_\_\_\_\_

Phone (if needed): \_\_\_\_\_

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1. What drew you to this session or to working with me?

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2. Is there a specific issue, theme, or question you're seeking clarity on?

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3. Have you ever had a spiritual, psychic, or energy healing session before?

– Yes

– No

If yes, what kind? \_\_\_\_\_

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**4. On a scale of 1–10, how grounded do you feel today?**

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

(1 = overwhelmed, 10 = deeply centered)

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**5. What's one thing you hope to walk away with from our session?**

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**6. Is there anything I should know to hold space for you best (medical conditions, sensory sensitivities, trauma history, etc.)?**

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**7. Is this a one-time session or part of a longer journey with me?**

☐ One-time session

☐ First of several

☐ Not sure yet

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**Optional: Anything else you'd like to share?**

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**Student Note:** You may complete this form via email, online form, or print + scan. Please return at least 24 hours before your session so I may hold the most aligned space for you.

With warmth and presence,  
[Your Name]

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## **INSTRUCTOR NOTE TO STUDENTS:**

This form is not about “diagnosing” your clients. It’s about deep listening. Use it to begin the session already attuned to their field.

Make sure it’s optional for trauma-related questions and avoid prying. You are a guide—not a therapist, be clear about that. Also if you do not feel comfortable working with people with advanced PTSD or childhood sexual trauma, you can state that.

