

Non-Licensed Bodywork Intake Form

Name: _____ Phone: _____

E-mail: _____ City: _____ Age: _____

How Did You Find Me? _____

In order to enter into this agreement, it is important to make & know the distinctions between Licensed Therapeutic Massage and other forms of Non-Licensed Bodywork, Touch & Contact Therapies, Stretching Protocols, Body Movement Modalities and other related practices.

- **Licensed Therapeutic Massage:** The legal definition of Massage in Washington State from RCW 18.108.010 (2) "Massage" and "massage therapy" mean a health care service involving the external manipulation or pressure of soft tissue for therapeutic purposes....
- **Non-Licensed, Non-Regulated Bodywork (NLB):** There really is no legal definition of Non-Licensed Bodywork (NLB). I consider it to be any type of legitimate bodywork, touch practice, human contact therapy, stretch protocol, breath work, energetic work, body scrub, etc. that is not regulated by the state or city that I am working in.

This intake form is for people who specifically **do not want Licensed Therapeutic Massage** as defined in RCW 18.108 and WAC 246-830 **and instead want to receive holistic body and energy work** which includes body, mind, energy, breath and movement facilitation modalities that is/are not specifically regulated by any licensing authority and as such does not fall under the purview of the Washington State Department of Health, Washington State Board of Massage or the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

This includes things like Thai Yoga/Stretching, Cupping, Body Scrubs, Contact Improvisation, Assisted Stretching, Body Rolling, Breath Work, Energetic Work, Somatic Bodywork including Somatic Experiencing, as well as Consent Related Work and Contact (among other things).

I enjoy practicing Non-Licensed Bodywork because it gives me the freedom to be more creative, flowing, experimental, nurturing, and responsive than I can be in my Licensed Therapeutic Massage Practice. It allows me to work with different aspects of who my clients are and what they are wanting to experience. My bodywork is grounded in informed consent, mutual agreements and the honoring of our intentions (one of which is that our session not be explicitly sexual in nature. No judgement, just a personal boundary).

*I believe that it is the **non-sexual intention and mutual agreements** that we make before each session that allows the work to be so transformative. When you can touch and be touched without expectations or fears about the touch turning sexual, it opens an incredible world of opportunities that can be safely explored and enjoyed.*

Agreement

I understand that these Non-Licensed, Non-Regulated Bodywork sessions are being facilitated by someone who does not have any licenses, certificate or professional training that specifically confer any competence, rights and/or responsibilities to perform these sessions. I specifically do not want to receive a Therapeutic Massage as defined by RCW 18.108 and WAC 246-830 and I realize that these sessions are not protected by HIPAA.

This agreement is for: _____

Examples: One session on _____, All future sessions, All future sessions unless amended....

Printed Name _____

Signature _____

Date _____

The questions that follow will help me to provide you with the best bodywork experience possible. Here are some thoughts to keep in mind as you answer... You only need to answer the ones that you think will help me give you the bodywork experience you want. These answers are for today, you can change them whenever you want. If there is something that you specifically want to answer later, just write "Not Now". You can be as safe/conservative as you want or as vulnerable/open as you want. You will always be in full control of your bodywork session.

Why are you here today and what is/are the best thing(s) that I can do for you?

Bodywork and Touch Related Questions

Do you receive nurturing touch, bodywork or massage? Yes No If yes, how often and what kind(s)? _____

What do you enjoy the most about the nurturing touch, bodywork or massage that you receive or have received? _____

What do you enjoy the least (or flat out do not like) about the nurturing touch, bodywork or massage that you receive or have received? _____

What do you feel is missing from the nurturing touch, bodywork or massage that you receive or have received? _____

Have you ever had a bad or traumatic experience from a nurturing touch, bodywork or massage experience that you have received? _____

Medical Conditions & History, Mood Imbalances,

The following questions will help me to understand what areas I can 'lean in' to and what areas I need to be more careful or avoid altogether. Please answer each question even if it is just to say that you do not want to answer the question.

Are you currently under medical supervision (including emotional and/or mental health) or taking any medications ***that I should be aware of?*** Yes | No | Do Not Want To Answer

If yes, please explain/list: _____

Are you currently experiencing any symptoms of depression or other mood imbalances that I should be aware of? Yes | No | Do Not Want To Answer

If yes, please explain/list: _____

Have you experienced any traumatic situations recently (or in the past) that could affect how you feel during or after today's session? Yes | No | Do Not Want To Answer

If yes, please explain/list: _____

Please tell me anything else that I should know to provide you with a wonderful bodywork session and/or ask any additional questions that you have:

Can you please tell me how you learned of me?: _____

I, _____ (print name) am at least 18 years of age and I understand that I am asking for a non-licensed, non-regulated bodywork session provided for the purposes of relaxation, body self-awareness and holistic (body, mind, soul) integration. I understand that my session facilitator(s) do not have any special licenses to provide non-licensed bodywork and is/are not qualified to diagnose, prescribe, or treat any physical or mental illness, and that nothing said during the session should be construed as medical advice. I affirm that I have answered the above questions as honestly and thoroughly as possible. ***I also understand that I am in full control of what happens during my session and that it is my absolute right and responsibility to stop the session at any time if I feel uncomfortable, unsafe or have any questions about how the session is progressing.***

Client Signature _____ Date _____

Your Bodywork Session Preferences: Don't worry about what the terms below "mean", they mean something different to just about everybody. Just answer them as they occur to you and we can work on clarifying them when we talk.

	Least<----->More - Most									
How comfortable are you with touch?	1	2	3	4	5	6	7	8	9	10 - Ultra!
How warm do you like your room?	1	2	3	4	5	6	7	8	9	10 - Ultra!
How relaxing do you want your session to be?	1	2	3	4	5	6	7	8	9	10 - Ultra!
How nurturing do you want your session to be?	1	2	3	4	5	6	7	8	9	10 - Ultra!
How intimate do you want your session to be?	1	2	3	4	5	6	7	8	9	10 - Ultra!
How challenging do you want your session to be?	1	2	3	4	5	6	7	8	9	10 - Ultra!
How deep do you want my touch to be?	1	2	3	4	5	6	7	8	9	10 - Ultra!
How intense do you want my touch to be?	1	2	3	4	5	6	7	8	9	10 - Ultra!
How modest are you (1=Not at all and 10=very)	1	2	3	4	5	6	7	8	9	10 - Ultra!

Areas That You May Want More or Less Attention In: Please circle the type of touch you want (or do not want) in the areas below. Also indicate if you want me to be more generous or more thorough with my touch in these areas. I consider generous touch to be expressive and uninhibited touch without body issue or intimacy concerns.

Glutes – None | Light | Medium | Heavy **&/or** Careful | Holistic | Care Free _____

Adductors – None | Light | Medium | Heavy **&/or** Careful | Holistic | Care Free _____

Groin/Psoas Areas – None | Light | Medium | Heavy **&/or** Careful | Holistic | Care Free _____

Stomach – None | Light | Medium | Heavy **&/or** Careful | Holistic | Care Free _____

Feet – None | Light | Medium | Heavy **Also:** Ticklish? Yes | No _____

Face – None | Light | Medium | Heavy **&/or** Careful | Holistic | Care Free _____

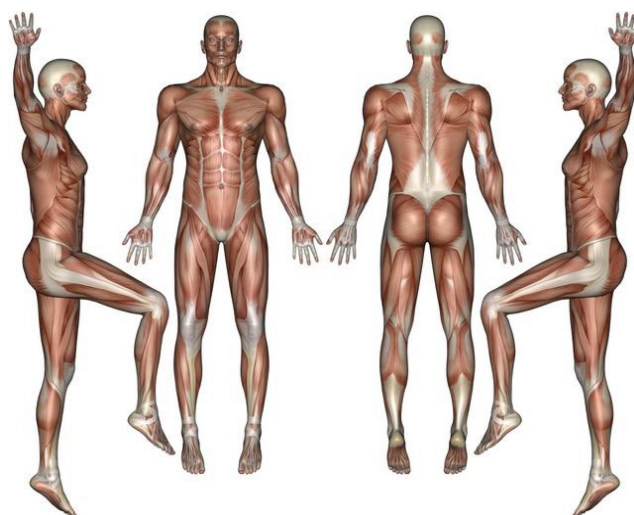
Hair – None | Some | Lots! **&/or** Relaxing | Playful | Pulling _____

Chest and Breasts: I consider the chest and breasts as parts of the human body that can greatly benefit from touch and bodywork (male, female or however you identify). You can have as little or as much touch as you want in these areas and you can always change your mind about how much you want. Select the areas that you want to receive touch in and the type of touch below:

None | Upper Chest Only | Full Chest & Sternum with (No | Some | Most | or All) breast tissue.

Type of Touch: _____

Other Areas of Concern or Special Focus: Let me know what else to focus on or avoid.



A Whole Lot of Information about Draping and Personal Modesty...

It is very important for both of us to feel as comfortable, relaxed and safe as possible during your session. One of the things that can cause some unease is choosing the amount of clothes worn and type of draping used during your bodywork session. You might wear a lot less clothing for a session that will include full body flowing touch and you might wear a little more clothing for Thai yoga or stretching session...or you might have a very specific reason for doing the exact opposite.

As for me...

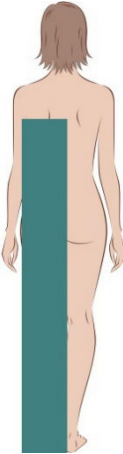
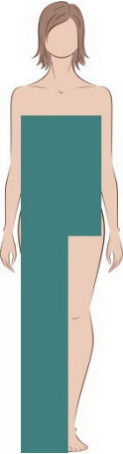
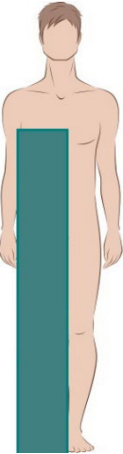
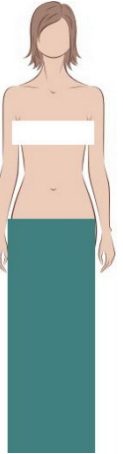
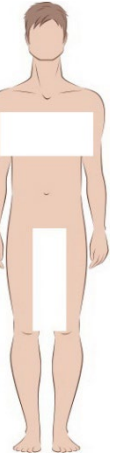
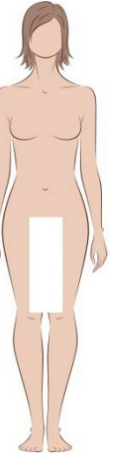
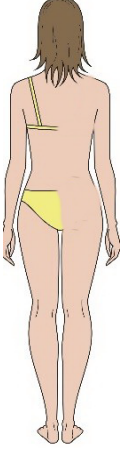
I do bodywork sessions where my clients remain fully clothed for the entire session. Some examples of this are Thai Stretching, Tantsu and Safe Touch/Boundary Exploring Sessions.

I do bodywork sessions where my clients where a swimsuit, or sports bra or whatever else makes them feel comfortable but still allows for a good amount of skin contact. This can be useful in Primal Unwinding, Thai Yoga and any other sessions where there is a lot a body movement and sheets or towels might interfere with the flow.

I do bodywork sessions where my clients are fully unclothed and covered by a sheet or towel to whatever extent they desire, and I do bodywork sessions where my clients are fully unclothed and do not use any draping.

I want to make sure that the draping you choose is 100% right for you so I try to leave this decision pretty much up to your discretion. However, if you want to talk about how a different clothing/draping option might affect your session, I will be glad to discuss it and give you my thoughts.

Draping Options from Most to Least Modest: Please Circle to Select

With Draping (sheet, towels to cover parts of the body)							No Draping
Face Down		Face Up					
Lomi Sheet	Lomi Towel	Western Sheet	Lomi Sheet	Sheet & Towel	Western Lomi Towels	Island Lomi Towel	With or W/O Clothing*
							

I Include the no-draping option for clients who are very comfortable with their bodies and feel it is more natural to be worked on in this manner as well as to say that for me, in terms of bodywork, **there should be no shame or glory rooted in our human form, only freedom and acceptance. I also include no draping options for clients who are working through body awareness and touch issues and feel that this is an important part of that work.*