

# Tami Holly Integrative Wellness

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Welcome to Tami Holly Integrative Wellness. This form is designed to help us understand your overall health and well-being. Please answer as completely and honestly as possible. Your information is confidential.

## Client Information

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mobile: \_\_\_\_\_

Preferred Contact Method: Phone ☐ Text ☐ Email ☐

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

How did you hear about Tami Holly Integrative Wellness?

\_\_\_\_\_

## Health and Lifestyle History

Please describe the main reasons for seeking a session or treatment today:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How long have you experienced this condition? \_\_\_\_\_

What seemed to be the initial cause? \_\_\_\_\_

Please list any injuries, illnesses, or surgeries (past or present):

\_\_\_\_\_

\_\_\_\_\_

List any significant traumas, accidents, or childhood illnesses:

\_\_\_\_\_

\_\_\_\_\_

Describe your sleep patterns, digestion, and daily routine:

\_\_\_\_\_

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What are your current physical activities, diet, and relaxation practices?

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Do you have any allergies (food, environmental, or chemical)?

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Are you currently taking any prescription or natural medications?

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## Reiki

Have you ever had a Reiki session before? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, when was your last session? \_\_\_\_\_

Would you like aromatherapy during your session? \_\_\_\_\_

Scents you love: \_\_\_\_\_

Scents you hate: \_\_\_\_\_

Light touch or no touch? \_\_\_\_\_

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## Psychospiritual Insights

This section invites gentle reflection on physical, emotional, and ancestral patterns. Please check or note any statements that feel true for you or that speak to patterns you wish to explore.

1.

\_\_\_\_\_ I have muscular spasms in the neck and back due to stress and incessant inner chatter.

\_\_\_\_\_ I have a hoarse, blocked throat from fear of speaking my truth.

\_\_\_\_\_ I have a chronic sinus headache because I do not take the time to experience

the beauty of life.

\_\_\_\_\_ There is manic depression, childhood epilepsy, seizures, or there are mentally disturbed people in my family.

\_\_\_\_\_ I have, or have had, personal psychospiritual or mental problems.

\_\_\_\_\_ There are psychospiritual imbalances, or mental illness, that I am carrying for a family member or ancestor.

**2.**

\_\_\_\_\_ I have hypo- or hyper-thyroid conditions, a goiter, mass, lumps or swelling in the throat area.

\_\_\_\_\_ I have an inability to ask for what I want and a feeling of resentment from pleasing others.

\_\_\_\_\_ I am a caretaker and have issues of co-dependence.

\_\_\_\_\_ I long to claim the creative power of my own true voice.

**3.**

\_\_\_\_\_ I am unable to speak clearly due to deep-seated grief or shock.

\_\_\_\_\_ I have issues of letting go or forgiving myself or others for past traumas.

\_\_\_\_\_ I am carrying grief which belongs to a family member or ancestors.

\_\_\_\_\_ I carry this grief because it still serves me.

**4.**

\_\_\_\_\_ I listen to my own inner voice when I make decisions in my life.

\_\_\_\_\_ I hang on to the status quo so as not to make mistakes.

\_\_\_\_\_ I learned this from my family.

\_\_\_\_\_ I am following and listening to my spirit guides and aware of my true destiny or path in life.

\_\_\_\_\_ I am conforming to my family's expectations of me, not my own.

**5.**

\_\_\_\_\_ I am carrying deep grief for my family or ancestors.

\_\_\_\_\_ I find it difficult to forgive myself and others.

\_\_\_\_\_ Some members of my family have severe psychospiritual imbalances—sleep all the time, have a poor or foggy memory, are incessantly crying or melancholy, or talk to themselves.

\_\_\_\_\_ I am working out my own karma.

\_\_\_\_\_ I am carrying karma for my ancestors.

\_\_\_\_\_ I harbor anger toward myself and others due to deep emotional hurts and injustices.

\_\_\_\_\_ This anger is not mine.

**6.**

\_\_\_\_\_ I am following my own creative path in life.

\_\_\_\_\_ I am doing what someone else expects of me.

\_\_\_\_\_ I am resentful and angry at my family for this.

\_\_\_\_\_ I am following my mother's or father's career path, either because they could not, or they failed to achieve the success for which they yearned.

7.

\_\_\_\_\_ I have karmic patterns lodged in my throat.

\_\_\_\_\_ I hang on to rigid thinking and control due to my fear of success and abundance, and reject the presence of love and joy in my life.

\_\_\_\_\_ I am carrying this fear and control for my family or ancestors.

8.

\_\_\_\_\_ I have been abused and betrayed in my life.

\_\_\_\_\_ I am carrying this cellular memory for my family or ancestors who experienced this violation themselves.

\_\_\_\_\_ I have fears regarding intimacy and commitment.

\_\_\_\_\_ This fear is not mine.

\_\_\_\_\_ I close off my heart to myself and others out of fear and a need for protection.

\_\_\_\_\_ I have learned how to protect myself in this way from my family.

9.

\_\_\_\_\_ I have experienced post-traumatic stress, such as whiplash from car accidents, etc.

\_\_\_\_\_ I blame others for my problems.

\_\_\_\_\_ These problems are my own.

\_\_\_\_\_ I am carrying these patterns for my family.

10.

\_\_\_\_\_ I have a blocked throat chakra and sometimes clogged ears or ringing in the ears.

\_\_\_\_\_ I have ambitions that are not in alignment with my true self.

\_\_\_\_\_ I am following this path to please my family.

\_\_\_\_\_ I want money and power.

\_\_\_\_\_ I have ego desires that are not in alignment with my true path and divine energy.

*Client reflection materials adapted from "Drawing Down the Dragon" © Chi-Akra Center, used with permission by certified practitioner.*

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## Intentions and Goals

What are your intentions for this work? What do you wish to shift, release, or cultivate?

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How would you describe a sense of wellbeing or balance for yourself?

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## Consent and Confidentiality Agreement

All sessions at **Tami Holly Integrative Wellness** are designed to promote balance, harmony, and overall well-being. Sessions may incorporate various holistic modalities, including sound therapy, vibrational healing, energy balancing, intuitive guidance, Reiki, and Acutonics®. These services are intended to support the body's natural healing abilities and to complement—not replace—conventional medical or psychological care.

Practitioners at Tami Holly Integrative Wellness do **not** diagnose conditions, prescribe substances, perform medical treatments, or interfere with the care of licensed medical or mental health professionals. Clients are responsible for their own health decisions and are encouraged to seek appropriate professional medical or psychological care for any conditions or concerns.

### Reiki

\_\_\_\_\_I understand that **Reiki** is a gentle, hands-on energy technique used to promote relaxation and stress reduction. Reiki practitioners do not diagnose medical conditions, prescribe or perform medical treatments, or interfere with care provided by licensed healthcare professionals.

\_\_\_\_\_I understand that Reiki is not a substitute for medical or psychological care and that I should consult a licensed physician or healthcare provider for any physical or mental health concerns. Reiki can complement other treatments by encouraging relaxation and balance.

\_\_\_\_\_I acknowledge that the body has an innate ability to heal itself and that achieving a state of deep relaxation can support this process. I understand that long-term imbalances may require multiple sessions to facilitate healing and alignment.

### Acutonics®

\_\_\_\_\_I understand that **Acutonics®** is a non-invasive therapeutic methodology based on principles of Oriental medicine that uses sound vibration to promote balance and wellbeing. In an Acutonics session, specific vibratory frequencies are created using precision-calibrated tuning forks, hand chimes, and planetary gongs.

\_\_\_\_\_I understand that these frequencies are scientifically derived from the orbital properties of celestial bodies and are applied to acupuncture points, chakras, and areas of discomfort to encourage energetic harmony. The Acutonics Institute of Integrative Medicine developed this modality, emphasizing the partnership between practitioner and client and the integration of conventional and alternative approaches to health.

\_\_\_\_\_ I understand that Acutonics does not diagnose, cure, or treat specific medical conditions. It is a complementary, therapeutic, and integrative approach designed to promote overall wellness and balance. A treatment plan will be discussed and reviewed prior to my session.

\_\_\_\_\_ I acknowledge that the services provided by Tami Holly Integrative Wellness are complementary and intended to support overall wellbeing. I understand that these services are not a replacement for medical or psychological treatment.

By signing below, I indicate that I have read and fully understand the information provided above. I voluntarily consent to receive services from Tami Holly Integrative Wellness and release the practitioner(s) from any liability related to my participation.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Practitioner Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Emergency Contact Information**

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

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

## Preparing for Your Session

Your session begins well before you arrive. Take time to unwind, slow your breath, and set an intention for what you would like to release or invite into your life. To prepare your system for the deepest benefit:

- Complete your client information packet in advance.
- Allow at least 30 minutes before the session to relax and quiet your mind.
- Write down any themes, emotions, or questions you would like to explore.
- Avoid caffeine, alcohol, sweets, and smoking the morning of your appointment, and drink plenty of water.
- Eat a light, nourishing meal a few hours before the session; avoid heavy or fried foods.
- Wear comfortable clothing.
- An Epsom salt bath before or after your session can help clear residual energy and support relaxation.
- Hydrate throughout the day with at least six to eight glasses of water.

## In-Person Sessions

Your in-person experience takes place in a private healing space designed to feel calm, restorative, and grounded. Before each appointment, the space is cleansed and prepared with care. I begin by activating the Seraphim Blueprint healing frequencies and performing an aura and chakra cleanse to ready your energy field for the session.

When you arrive, we'll briefly discuss your goals and determine the approach that best supports you. While Reiki is traditionally practiced with light touch, it can be fully hands-off at your request. Each session may draw upon a range of modalities, including Holy Fire® III Reiki, Karuna Reiki®, Seraphim Blueprint frequencies, Acutonics® tuning forks, crystal placement, sound bowls, and aromatherapy.

The session itself is typically quiet, accompanied by gentle music. You may fall asleep, feel warmth or tingling sensations, or notice waves of deep calm. These are natural responses to energetic alignment. You should never feel discomfort—please communicate if you do.

## **Distance Sessions**

Distance sessions offer the same level of energetic focus and precision as in-person work. We will agree on a specific time for your session; choose a space where you can lie down undisturbed. You may wish to light candles, play soft music, or simply rest in stillness.

These sessions involve Reiki energy transmission and intuitive frequency alignment. BioMat® infrared therapy is available in-person only. Many clients report sensations of warmth, spaciousness, or deep rest, as well as a renewed sense of clarity following distance work.

## **After Your Session**

You may feel very relaxed or lightly disoriented, so give yourself time to rest and integrate. Drink water generously and nourish your body with clean, plant-based foods (if possible). A small piece of dark chocolate, root vegetables, red wine, or “Earthing” can help ground your energy.

An Epsom salt bath can further support release and relaxation. You may continue to feel subtle effects for several days as your body and energy field recalibrate. Some people experience emotional release or mild detox symptoms such as fatigue, vivid dreams, or temporary sensitivity. These are normal indicators of energetic realignment and typically ease within 24–48 hours.

Hydration, rest, and gentle movement are supportive. Journaling reflections or insights can also deepen the process. With continued sessions, many clients experience progressively deeper clarity, emotional balance, and a sense of vitality.