



Third Realm Integration

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Awaken Your Heart's Wisdom

NEW CLIENT SCREENING QUESTIONNAIRE

Email your completed form to info@thirdrealmintegration.com along with any questions

Name:

Age:

Phone number:

Location:

Occupation:

Services you are interested in:

Have you been psychiatrically stable for at least 1 year?

Current medications and supplements you are taking:

Tell me a bit about yourself:

Third Realm Integration coaching tracks:

- Traditional archetypal integration track using breathwork and heart-centered techniques (*usually not appropriate for those taking any of the below medications*).
- Cosmological archetypal integration track using your astrological birth chart, breathwork, and heart-centered techniques (i.e., the Third Realm Method). *This track is not usually appropriate for those taking any of the below medications.*
- Dream tending and integration track (*potentially suitable for those taking certain medications*).
- Short-term coaching and consulting support for those receiving ketamine/plant medicine/psychedelic therapies.

Additional Third Realm Services

- ▽ Assessments for mental health, ketamine/plant medicine/psychedelic, and holistic therapies
- ▽ Guided breathwork, meditation, or mindfulness coaching (25-minute sessions)
- ▽ Distance reiki and energy healing (50-minute sessions)
- ▽ Birth chart readings with 90-min coaching session
- ▽ Tarot readings

Important Policies and Guidelines

- All clients must be psychiatrically stable for a minimum of 1 year.
This includes recovery from substance abuse/misuse, eating disorders, psychiatric hospitalizations, suicidal ideation of any kind, self-harm, psychosis, etc.
- Please note that I assess every inquiry on a case-by-case basis. If you are prescribed certain medications that interfere with your capacity to ground your energy into your body and expand your consciousness, it's possible that most Third Realm services will not be an appropriate fit for you. Medications that pose a risk of interference include stimulants like Adderall, mood stabilizers, high dose antidepressants, anti-anxiety medications, pain medications, opioid agonists, etc. If you are taking any of the above medications, please reach out directly to see what support options may be available to you.

Third Realm Integration

Heart Conscious Coaching & Consulting

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