



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.
- Cosmological archetypal integration track using your natal chart, breathwork, and heart-centered techniques.
- Dream tending and integration track.

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)
- ▽ Natal chart readings with full report and 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.
- If you are receiving ketamine therapy, you may benefit from Third Realm work as an adjunct to your treatments. Sessions may include minimal processing of the ketamine experiences however it's not a primary focus of the work. The Third Realm integration model is not the same as ketamine-assisted psychotherapy. Please review my website and reach out with any questions you may have.
- 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, the Third Realm model may 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.

I apologize for any inconvenience

Third Realm Integration

Heart Conscious Coaching & Consulting

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