

Spiritual Integration Coaching

COMPONENTS OF SIC INTAKE

Your intake paperwork will be comprised of basic components such as:

1. Basic agreements on the number of sessions, payment, payment arrangements
2. Information on how sessions are conducted and how to meet
3. What the client can expect from you and what you expect from them
4. A statement of intent for coaching, differentiating coaching from other helping professions
5. Release of relevant treatment information
6. Agreement to collect personal contact information and dates of service for credentialing purposes
7. Confidentiality except in the case of harm to self and others and reporting to authorities

Beyond the basic items, you will need specific questions to address most people's needs in a psycho-spiritual transformative process. The questions below include questions that may not pertain to the experience but are helpful in learning more about how your client is experiencing their life and their natural tendencies for avoidance.

1. Rate yourself from one to ten in each of the life areas. Ten being perfect, it can't get any better, one meaning lots of improvement is needed in this area.

Family:

Relationships:

Health:

Career:

Money to meet needs:

Peace:

Sense of purpose:

Fun:

Fulfillment:

Other: _____

2. Please describe your emerging awareness, spiritual, non-linear experiences, or any other exceptional experience (please be as detailed or brief as you like)

3. Have any of your beliefs or values changed since this happened? If yes, please describe.

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4. What challenges are you facing because of this experience(s)?

6. How has life been different since your expanded experience?

7. What questions do you have about what happened?

8. Have you experienced any new physical changes or sensitivities?

9. Is there anything else you would like me to know?

5. What are the top three things you are tolerating or putting up with in your life?

Toleration 1:

Toleration 2:

Toleration 3:

7. What are you willing to do to change these situations?

8. What are the three key areas to focus on for your personal development that would bring you the most joy?

Area 1:

Area 2:

Area 3:

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9. Write down one thing in your life you would like to have but don't know how to get it.

10. Assuming all human beings have some way of sabotaging their life or holding themselves back, what would be your most common method? (Circle your favorites, write in any that are missing)

Not taking chances through fear
Not always telling the absolute truth
Behaving the way others want you to behave
Acting as the "Lone Ranger"
Tolerating
Needing to be Right
Not saying "No"
Controlling life/people
Procrastination
Indecision
Following secondary* goals (*i.e., goals that won't ultimately make me happy)
Other: