

Questionnaire for Your Emotional  
Freedom Technique Appointment

Ruth Trimble M.A. EFT-CC Practitioner & Minister of Universal Life Church  
1331 Encinitas Blvd.#13

Encinitas, CA 92024 Email: [EFT@lotus-blessings.com](mailto:EFT@lotus-blessings.com)

*This is a PDF document which is locked, so you will not be able to type on it. You can print it and fill it in. You can also highlight and copy this document, open up your Word program and paste your information into a new page. Please fill in all sections of this form. When you have completed the form, you can*

*a) email it by copying it and pasting in a letter to [EFT@lotus-blessings.com](mailto:EFT@lotus-blessings.com)*

*b) send it via the post office to : Lotus-Blessings, 1331 Encinitas Blvd.#13, Encinitas, CA 92024.*

*When I receive your information and payment has been sent through PayPal™ I will call you to arrange a mutually agreeable appointment.*

*This information will be kept confidential and will be shared with no other organization or individual unless required by law. Information will be used to determine how best to assist you with the healing process. I reserve the right to refuse treatment should symptoms require services beyond my abilities.*

*Required information is marked with \*\* PLEASE READ THIS CAREFULLY: Fee schedule below.*

1. \*\*Full Names:
2. \*\*Phone (s)
3. \*\* Address:
4. Mailing address if different: \_
5. \*\*Email addresses:
6. \*\* What type of problem are you having?

Rate intensity of problem: 1 (low) –10 (high)

7. What would you like to accomplish through the healing session?

8. Give a brief history of the problem: when it started, how long it has been an issue, what makes it come and go...*write on back if you need more space.*

9. Are you under a doctor's care?

Add doctor name and diagnosis including treatment program and medications.\*see below

*\* Please inform your doctor you are seeking care with EFT healing which is similar to acupressure. Refer to the EFT web site <http://www.emofree.com> for more information.*

10. Are you aware that EFT healing often uncovers other issues that may cause some discomfort? YES

NO: *Working on one pain, may cause other pains to arise which may also be related to the first one. This may bring on a healing crisis or abreactions which could be uncomfortable or upsetting. Such linked pains could be part of a syndrome created by emotional stress. Toxins may release from your cells for 48 hours after a treatment causing some discomfort such as old memories, headaches or fatigue. Please plan your appointment when you can rest for a few days following and be sure to avoid intoxicants and drug use afterwards. Drinking extra glasses of water after a treatment is important. Please take responsibility for your emotional and physical well being.*

11. Do you expect a cure? YES

NOT SURE: *I make no claims about a cure. This method works best in relieving painful or troubling symptoms. The method of EFT is a solution for a great number of issues related to emotional pain.*

**Disclaimer:** *This is not a psychology or psychotherapy method or protocol. The founder of this method, Gary Craig, is making no claims for how this method works, and no responsibility for how it is implemented. The Discovery Statement for EFT is “The cause of all negative emotions is a disruption in the body’s energy system.” It is experimental. To be effective EFT requires a certain sensitivity to others feelings and problems—intuition. As part of my work with you I will be utilizing my intuition and healing skills. I reserve the right to refer you free of charge to another EFT professional or doctor if I feel that your problem exceeds my skills. I do not give medical advice, but I may share with you successful diet or lifestyle changes that I or others have made. You choose to accept it or not.*

\*Please sign the waiver before mailing this:

I understand that this is not a medical treatment but it does work to heal a wide number of problems. The discovery behind this relief is that unresolved emotional issues are caused by disruptions in the body's "subtle energies". These disruptions inhibit our natural ability to heal, leaving us open to nagging fears, chronic pain and terminal illness. Combining this emotional element with the ancient principles of acupuncture, EFT has been able to address the causes of these energy disruptions with a gentle tapping procedure (using the fingertips). Impressive results ensue because the process addresses causes instead of symptoms. It should not interfere with any of your medications or doctor treatment.

Important note: While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it. Further, Ruth Trimble is not a licensed health professional and offers EFT as an ordained minister and as a healer. Those who want to discuss the use of EFT for a specific emotional problem with a professional in the mental health field are referred to the Referral section of [www.emofree.com](http://www.emofree.com), where a number of licensed practitioners who use EFT in their practices are listed.

I declare that I have read the above disclaimer, and that I take responsibility for my own health in seeking this treatment:

SIGNED: (print)

Signature:

Email:

Phone :

date:

TIME Zone: Hawaii-Alaska/Pacific/Mountain/Central/Eastern/Other

Best time to call:

FEE Schedule: The first session is a minimum of one hour either in person or over the phone. The first treatment involves discovering the issues, explaining the procedure, doing the procedure and checking the progress, discussing issues that come up, and concluding with recommendations and exercises to continue as homework. This is an important hour and sets the stage for all subsequent treatment which can be over the phone at any time. There is a basic fee of \$65.00 for the first hour and \$30 per half hour above that. After the initial treatment, subsequent treatments can be paid at \$1.25 per minute with a minimum of \$30. \*(US Dollar). Payment can be made with check, credit card or bank transfer through PayPal™ at <http://www.lotus-blessings.com/EFT.html> or by mail or over the phone. (760) 436 2944

Thank you. I look forward to bringing you relief from your symptoms.