



INTEGRATIVE BODYWORK, INC

DATE _____

DOB _____

CLIENT NAME LAST _____ FIRST _____ MI _____

TRAITS & BELIEFS

What are your dominant personality traits that you feel you exhibit on a consistent basis? (check all that apply)

- | | | |
|---|--|--|
| <input type="checkbox"/> Habitual worry | <input type="checkbox"/> Overly competitive | <input type="checkbox"/> Repressed anger |
| <input type="checkbox"/> Controlling | <input type="checkbox"/> Think a lot about the past | <input type="checkbox"/> Repressed guilt |
| <input type="checkbox"/> Perfectionist | <input type="checkbox"/> Think a lot about the future | <input type="checkbox"/> Overly self-conscious |
| <input type="checkbox"/> People pleaser | <input type="checkbox"/> I usually hold my feelings inside | |
| <input type="checkbox"/> Striving | <input type="checkbox"/> I am good at expressing my feelings | |

1. Do you have a Spiritual Practice; believe in God, the Divine or other Spiritual beliefs?

2. Have you ever had a direct experience where you felt the presence or connection to a higher or spiritual source?

3. What is your belief system about healing:

- Do you believe the body has self-correcting mechanisms?
 Do you believe the body needs external means for healing?

4. We all have strengths and limitations. What are your strengths, capabilities, inner qualities you feel you can rely on?

5. How would you describe your limitations?

6. What helps you get through difficult times?

7. What is going well in your life?

8. What are your challenges?

9. What would you like to change about yourself?

10. What changes would you like to experience as a result of Unified Therapy™?

PRENATAL HISTORY

Were you adopted? _____

As an infant, were you separated from your mother at birth? _____

Did you have any medical problems or early hospitalization? _____

Were there other children in your family? _____

Did you feel accepted by them? _____

Did your family have adequate food, shelter and other basic needs met? _____

Did you feel loved? _____

FAMILY RELATIONSHIPS

Were you separated from either parent or siblings for a length of time? _____

Where and with whom did you live with then? _____

Did any family members have alcohol or drug problems? _____

Did your parents fight? _____

_____ Physically? _____ Verbally? _____ Did you hear or see these fights?

How did your Parents solve their disagreements? _____

Who made the rules at home? _____

Who enforced the discipline? _____

How were you punished or disciplined? _____

_____ Talking? _____ Scolding? _____ Spanking? _____ Locking you up?
_____ Were you hit? _____ How often? _____ How severely?

Did you experience any incest, molestation or inappropriate touch? _____

Did you have any serious fights with siblings? _____

Ongoing difficulties with siblings? _____

Were there any other relationships coming into the home? _____

Were your parents:

_____ Married _____ Divorced _____ Remarried _____ Single

How many caregivers did you have while growing up? _____

Who was your primary caregiver? _____

How many places did you live while growing up? _____

If you moved often, why? _____

Who in your family was affectionate toward you / treated you as a special person? _____

Was there anyone you felt safe with growing up? _____

What people are or have been important resources for you? _____

Who do you rely on in your daily life? Who provides emotional and practical support such as who cares for you are sick, who do you talk to when you are emotionally upset?

Briefly describe your relationship with your family (i.e., parents, siblings, spouse/significant other, children, etc.)

SCHOOL/WORK EXPERIENCES

Did you feel teased, tormented, bullied or threatened? _____

Did you feel excluded, outcast or ostracized? _____

Did you experience prejudices? _____

Are you satisfied with your career/school? _____

FRIGHTENING EVENTS

Have you had any direct experience with human-caused assault (kidnapping, mugging, rape, arson etc.)?

Have you had any direct experience with nature-based fear, like tornado, earthquake, flood, fire etc.?

Have you witnessed any frightening events? Explain what, and at what age?

Do you have a close connection to someone who experienced a frightening event?

Have you had a frightening spiritual or religious experience?

LOSSES

Have you experienced any deaths of significant others, what circumstances?

Have you experienced the loss of a treasured pet?

Have you experienced the loss of a pregnancy, through what means?

Have you experienced a serious break-up with good friends, boy/girlfriend, spouse or significant other?

Have you experienced a loss of job, what circumstances?

Have you experienced a loss of home, what circumstances?

TRAUMA HISTORY

TIMELINE – Please list the overwhelming/traumatic events that you have experienced and the resources that were available to you at that time.

| Overwhelming/Traumatic Event | Age | Help/Assistance Available |
|------------------------------|-----|---------------------------|
| | 65 | |
| | | |
| | 60 | |
| | | |
| | 55 | |
| | | |
| | 50 | |
| | | |

| Overwhelming/Traumatic Event | Age | Help/Assistance Available |
|------------------------------|-------|---------------------------|
| | 45 | |
| | | |
| | 40 | |
| | | |
| | 35 | |
| | | |
| | 30 | |
| | | |
| | 25 | |
| | | |
| | 20 | |
| | | |
| | 15 | |
| | | |
| | 10 | |
| | | |
| | 5 | |
| | | |
| | Birth | |

WHAT IS YOUR ACE SCORE?

I'm sure that title probably made you ask the following question. "What is an ACE Score?" Glad you asked! ACE stands for adverse childhood experience. The score attempts to determine how many adverse experiences an individual has had in their childhood because the higher the score, the greater the risk of having some serious health conditions later in life.

While most humans wait until these conditions show up and then want medications to fix the health condition, few realize just how much impact these early experiences had upon our life. If we realize the impact they had upon our life, we are often led to believe there is little we can do about them now, short of taking medications and going through medical procedures. However, this is not necessarily the case.

It does not require that you have been through horrendous trauma as a child because at the end of the day, trauma is trauma. Yes, the more you have to deal with from childhood, the more difficult the challenge to overcome it. We've all got something in our past most likely and instead of looking at it as a badge of honor or something to run away from, we should learn how to deal with it in our life.

The ACE study brought together science with somatic reality. It clearly demonstrated that if you have adverse conditions, you are more likely to develop serious health conditions later in life. Again, just because this has happened to you, it does not mean you cannot change the course of your life in the future. Health conditions do not need to be a cause and effect relationship.

Excerpted from Don Shetterly, LMT

There are 10 types of childhood trauma measured in the ACE Study. Five are personal — physical abuse, verbal abuse, sexual abuse, physical neglect, and emotional neglect. Five are related to other family members: a parent who's an alcoholic, a mother who's a victim of domestic violence, a family member in jail, a family member diagnosed with a mental illness, and the disappearance of a parent through divorce, death or abandonment. Each type of trauma counts as one. So a person who's been physically abused, with one alcoholic parent, and a mother who was beaten up has an ACE score of three.*

Prior to your 18th birthday:

1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? Or Act in a way that made you afraid that you might be physically hurt?

No _____ If Yes, enter 1 _____

2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?

No _____ If Yes, enter 1 _____

3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?

No _____ If Yes, enter 1 _____



4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
- No _____ If Yes, enter 1 _____
5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
- No _____ If Yes, enter 1 _____
6. Was a biological parent ever lost to you through divorce, abandonment, or other reason ?
- No _____ If Yes, enter 1 _____
7. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
- No _____ If Yes, enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
- No _____ If Yes, enter 1 _____
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
- No _____ If Yes, enter 1 _____
10. Did a household member go to prison?
- No _____ If Yes, enter 1 _____

Now add up your "Yes" answers: _____

This is your ACE Score

*Note: There are, of course, many other types of childhood trauma — watching a sibling being abused, losing a caregiver (grandmother, mother, grandfather, etc.), homelessness, surviving and recovering from a severe accident, etc. The ACE Study included only those 10 childhood traumas because those were mentioned as most common by a group of about 300 Kaiser members; those traumas were also well studied individually in the research literature. The ACE score is meant as a guideline: If you experienced other types of toxic stress over months or years, then those would likely increase your risk of health consequences.



Now that you've got your ACE score, what does it mean?

First....a tiny bit of background to help you figure this out.....The CDC's Adverse Childhood Experiences Study ([ACE Study](#)) [uncovered](#) a stunning link between childhood trauma and the chronic diseases people develop as adults, as well as social and emotional problems. This [includes](#) heart disease, lung cancer, diabetes and many autoimmune diseases, as well as depression, violence, being a victim of violence, and suicide.

The first research results [were published in 1998, followed by 57 other publications through 2011](#). It showed that:

- childhood trauma was very common, even in employed white middle-class, college-educated people with great health insurance;
- there was a direct link between childhood trauma and adult onset of chronic disease, as well as depression, suicide, being violent and a victim of violence;
- more types of trauma increased the risk of health, social and emotional problems.
- people usually experience more than one type of trauma – rarely is it only sex abuse or only verbal abuse.

A whopping two thirds of the 17,000 people in the ACE Study had an ACE score of at least one – [87 percent of those](#) had more than one. Eighteen states have done their own ACE surveys; their results are similar to the CDC's ACE Study.

The study's researchers came up with an ACE score to explain a person's risk for chronic disease. Think of it as a cholesterol score for childhood toxic stress. You get one point for each type of trauma. The higher your ACE score, the higher your risk of health and social problems. (Of course, other types of trauma exist that could contribute to an ACE score, so it is conceivable that people could have ACE scores higher than 10; however, the ACE Study measured only 10 types.)

As your ACE score increases, so does the risk of disease, social and emotional problems. With an ACE score of 4 or more, things start getting serious. The likelihood of chronic pulmonary lung disease [increases](#) 390 percent; hepatitis, 240 percent; depression 460 percent; suicide, 1,220 percent.

(By the way, lest you think that the ACE Study was yet another involving inner-city poor people of color, take note: The study's participants were 17,000 mostly white, middle and upper-middle class college-educated San Diegans with good jobs and great health care – they all belonged to the Kaiser Permanente health maintenance organization.)

