

## Case Histories

You will be recognised quite quickly that with crystals, as with many forms of vibrational healing you do not need to collect a detailed case history from a client.

If you feel you want to, by all means go ahead. Some people like to send out questionnaires before they see someone to get a picture of the person due to arrive.

In law, you must record the following;

Date of visit  
 Name  
 Address  
 Postcode  
 Telephone number  
 Date of birth  
 GP's name  
 GP's practice

These days it is also advisable to get the client to sign a disclaimer, such as:

**'I appreciate that crystal healers and therapists do not give medical diagnosis or treatment. I understand that my GP is medically responsible for me and my dependants.**

**Signed:**

**Date:'**

Please remember, as with any notes you make, the client has the right to see them. Some practitioners actually get the client to sign the notes at the end of each session to confirm they are a true record and that they have seen them.

(It is also useful to show the client the crystals you have used on them, explaining what you have done)

You will be asked to design a case history form for your own use as part of this course.

**For the 5 case histories you submit, please also include:**

- 200-300 words introduction (no names mentioned) of the client's history and current situation
- The actual case history i.e. your record of the healing.
- 100-200 words reflection from you as the healer. Include:
  - Your thoughts and process over patterns you perceive when talking to each client
  - Any key phrases your client used that helped you identify any chakras, meridians, techniques or crystals that came to mind.
  - Your assessment of yourself and how you conducted the session, including the feedback sheet.
- Subsequent visits - 100-200 words feedback from the client as to how they felt following & between their visits.

For the Certificate you will need to complete case histories with 5 clients, preferably 3 times each.

Have clients fill the following forms every time, whether or not you intend to use them as case studies, likewise fill your self-assessment forms.