

# HONORING THE SACRAL CHAKRA APPLICATION

APPLICATION QUESTIONNAIRE & WAIVER FORM



## HONORING THE SACRAL CHAKRA 12-WEEK PROGRAM

The Sacral Chakra, or the second chakra is the Sacral or Svadhishtana, which translates as “one’s own place,” in Sanskrit. Although, this chakra is known to be the center of pleasure, enjoyment and creativity. It is also known to be the seat of disconnectedness of joy, feelings of insecurity, depression, anxiety, constant fear, lack of self-confidence, and a restriction of intimate life force energy.

For 12-weeks, you will meet with Toshia in a virtual group like setting with up to 10 women where you will be able to learn how to unblock and balance this chakra, learn directly from Toshia, and have the support of other women who are on a similar journey. Weekly you will have challenges to complete to bring you towards healthy sacral energy.

Toshia Shaw is a Trauma Life Coach with a background in trauma informed care and a master’s in social work (June 2020). She has over 18 years of experience working with women who have been victims of emotional, physical, and sexual violence.

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## CONFIDENTIALITY

All information discussed in each session is confidential with three exceptions: (1) when a client poses a danger to themselves or others, (2) when requested by a court of law, or (3) for purposes of professional supervision (in which case, your name and identifying information will not be used).

Please be advised that disclosure of child abuse or suicide attempts must be reported by law.

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## TRAUMA TRIGGERS

Please be advised that the following application questions could be triggering therefore, please make sure you have a trusted adult nearby to support you while you fill out this application; furthermore if you have feelings of suicide ideation please discontinue filling this out immediately and dial 9-1-1.

Trauma Triggers are reminders of traumatic events. Everyone has their own unique things that trigger them. Triggers can be thoughts, emotions and sensations can also trigger trauma memories. Triggers can be something specific tied to the memory of the traumatic event. You can be triggered when you expect it, or a trigger can come out of the blue. Getting triggered can set off upsetting emotions such as: Fear, Anger, Sadness, Guilt, and Shame. Getting triggered can set off physical sensations such as: Racing heart, Shortness of breath, Sweating.

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## FEE STRUCTURE

This course is a 12 week per 50-minute virtual group session. The total amount of this program is \$450 payable in three payments of \$150 monthly.

Full payment is due by July 1, 2020. Accepted forms of payment are: cash, PayPal (go to [toshiashaw.com](http://toshiashaw.com) services page), or credit card. **Please note:** Unfortunately, insurance companies do not cover spiritual coaching, trauma coaching, or energy healing sessions.

Client is responsible for full fee for missed or late session. Clients who are within the ten-minute grace period will be seen for the remainder of the 50-minute session, not to extend past the allotted time

**NOTE:** During the intervening time between sessions I am available for 1 or 2 brief (10-15 minute) telephone conferences or by email.

**PLEASE PRINT CLEARLY**

I, \_\_\_\_\_ have read, understood, and agree to the terms and conditions set forth in this intake & information sheet and waiver form.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City & Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

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**CAREER HISTORY**

Date: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Education Level Completed: \_\_\_\_\_ High School/GED \_\_\_\_ Tech School \_\_\_\_ College(degree)\_\_\_\_

Current Profession/Employment: \_\_\_\_\_ Length of Time: \_\_\_\_\_

Previous Profession/Employment: \_\_\_\_\_ Length of Time: \_\_\_\_\_

Hobbies: \_\_\_\_\_

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**RELIGIOUS/SPIRITUALITY HISTORY**

Birth Religion: \_\_\_\_\_ Were you raised in that religion? \_\_\_\_\_

What is your current relationship with your birth religion? \_\_\_\_\_

Current Religion or Spiritual Path : \_\_\_\_\_ Involved for how long?: \_\_\_\_\_

Describe your relationship with God, as you understand God:

Describe your current prayer life and/or spiritual practice:

## PLEASE PRINT CLEARLY

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**HEALTH HISTORY****HEALTH PROBLEMS**

Current Medications:\_\_\_\_\_

Addictions:\_\_\_\_\_

In Recovery?\_\_\_\_\_Yes \_\_\_\_\_No

If yes, how long clean/sober/abstinent etc.?\_\_\_\_\_

Have you had previous experience with psychotherapy and/or spiritual counseling?\_\_\_\_\_

Any other relevant health-related info or concerns?\_\_\_\_\_

Are you open to/familiar with healing modalities such as Reiki, Sound Healing, Chakra Therapy, Shamanic Healing, Meditation? Please write your thoughts.  
\_\_\_\_\_  
\_\_\_\_\_**FAMILY HISTORY****MOTHER:**

Current Medications:\_\_\_\_\_

\_\_\_\_\_Alive (Age:\_\_\_\_\_) \_\_\_\_\_Deceased (Year:\_\_\_\_\_) Age at death:\_\_\_\_\_

Cause of death:\_\_\_\_\_

\_\_\_\_\_Married \_\_\_\_\_Divorced \_\_\_\_\_Remarried (Stepparent:\_\_\_\_\_)

**FATHER:**

Current Medications:\_\_\_\_\_

\_\_\_\_\_Alive (Age:\_\_\_\_\_) \_\_\_\_\_Deceased (Year:\_\_\_\_\_) Age at death:\_\_\_\_\_

Cause of death:\_\_\_\_\_

\_\_\_\_\_Married \_\_\_\_\_Divorced \_\_\_\_\_Remarried (Stepparent:\_\_\_\_\_)

## PLEASE PRINT CLEARLY

Describe your relationship with your parents:

Describe your relationship with your stepparents:

List the names and ages of your siblings/stepsiblings in order of birth, including yourself.

Describe your relationship with your siblings and/or stepsiblings:

**RELATIONSHIP HISTORY**

Are you currently: Single \_\_\_\_ Married \_\_\_\_ If single, are you separated? \_\_\_\_ Divorced \_\_\_\_ Widowed \_\_\_\_

Remarried \_\_\_\_ Not involved with anyone \_\_\_\_ Dating \_\_\_\_ Seriously involved \_\_\_\_ Living with someone \_\_\_\_

How do you identify? \_\_\_\_\_

Your spouse/partner/significant other's name: \_\_\_\_\_

Length of time in the relationship: \_\_\_\_\_

Describe your relationship with your spouse/partner/significant other:

Children and/or Stepchildren and Ages:

**PLEASE PRINT CLEARLY**

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Describe your relationship with your children and/or stepchildren:

If you are divorced, briefly describe the reasons for the divorce and describe your current relationship, if any, with your ex:

If you have never been married, briefly describe any significant relationships you've had:

Do you feel, think or recall any trauma in your life?

As an aid in assessment, if you feel comfortable naming what that trauma has been or might be, please do so.

What do you hope to accomplish through this course? What is your intention?

## PLEASE PRINT CLEARLY

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Do you feel you can open up to receive healing? Why/Why not?

Do you feel you are able to stick to the 12-week program and complete it in its entirety? Why/Why not?

Are you willing to open up in a small group like setting among other women, share, and participate in the discussion?

Will you agree to keep all discussion within the group confidential and never disclose or share what was discussed?

Yes ☐ No ☐

Will you agree to establish and keep an open mind free of judgement, preconceived ideas, and prejudices against others in the group?

Yes ☐ No ☐

**PLEASE PRINT CLEARLY**

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**DISCLAIMER:**

You certify and understand that I, Toshia Shaw am not, nor am I holding myself out to be a doctor/physician, nurse, physician's assistant, advanced practice nurse, or any other medical professional ("Medical Provider"), psychiatrist, psychologist, clinical therapist, clinical counselor, or licensed social worker ("Mental Health Provider"), registered dietician or licensed nutritionist, or member of the clergy.

Nothing obtained from my life coaching or spiritual sessions is or should be considered or used as a substitute for professional medical or mental health advice, diagnosis, or treatment. I am not providing health care, medical or nutritional therapy services, or attempting to diagnose, treat, prevent or cure any physical, mental or emotional issue, disease or condition. The information provided in life/spiritual coaching sessions, energy healing, or through my Website pertaining to your health or wellness, exercise, relationships, business/career choices, finances, or any other aspect of your life is not intended to be a substitute for the professional medical advice, diagnosis or treatment provided by your own Medical Provider or Mental Health Provider. You agree and acknowledge that I am not providing medical advice, mental health advice, or religious advice in any way. Always seek the advice of your own Medical Provider and/or Mental

Health Provider regarding any questions or concerns you have about your specific health or any medications, herbs or supplements you are currently taking and before implementing any recommendations or suggestions from our Website. Do not disregard medical advice or delay seeking medical advice because of information you have read on this Website. Do not start or stop taking any medications without speaking to your own Medical Provider or Mental Health Provider. If you have or suspect that you have a medical or mental health problem, contact your own Medical Provider or Mental Health Provider promptly. Never disregard medical advice from your doctor or other qualified health care provider or delay seeking it because of something you have read on the Internet, including on the toshiashaw.com site. I urge you to seek the advice of your physician or other qualified health professional with any questions you may have regarding a medical or mental health condition. In case of emergency, please call your doctor or 911 immediately.

The information contained on or provided through my newsletters, emails, webinars, videos, or sessions, toshiashaw.teachable.com, and the toshiashaw.com site is provided on an "as is" basis, without any warranty, express or implied. I understand that while we may deal with issues of spirituality and religion during a session, there is no implied or intended emphasis on any one religious tradition or spiritual practice over another, nor is there any expectation or pressure to engage in any religion or spiritual exploration.

I understand that while we may deal with issues of sexuality during a session, it is not a sexual or an erotic experience. I understand that during all sessions I will remain clothed, as will my practitioner. I understand if I am uncomfortable with a topic of conversation or modality of healing at any time, for any reason, that I should tell my practitioner right away. In fact, I understand that it is my responsibility to inform my practitioner of any such circumstance, as she wants my sessions to be supportive and safe. Any access to my services or site is voluntary and at your own risk.

**ASSUMPTION OF RISK**

As with all situations, there are sometimes unknown individual risks and circumstances that can arise during use of my Website, or during life coaching/energy healing sessions that cannot be foreseen that can influence or reduce results. You understand that any mention of any suggestion or recommendation on or through me or my Website is to be taken at your own risk, with no liability on my part, recognizing that there is a rare chance that illness, injury or even death could result, and you agree to assume all risks.

**LIMITATION OF LIABILITY**

By using this Website, my services, and or products you agree to absolve me of any liability or loss that you or any other person may incur from use of the information, products or materials that you request or receive through or on my Website. You agree that I will not be liable to you, or to any other individual, company or entity, for any type of damages, including direct, indirect, special, incidental, equitable or consequential loss or damages, for use of or reliance on my Website. You agree that I do not assume liability for accidents, delays, injuries, harm, loss, damage, death, lost profits, personal or business interruptions, misapplication of information, physical or mental disease or condition or issue, or any other type of loss or damage due to any act or default by me or anyone acting as our agent, consultant, affiliate, joint venture partner, employee, shareholder, director, staff, team member, or anyone otherwise affiliated with my business or me, who is engaged in delivering content on or through this Website.

**INDEMNIFICATION AND RELEASE OF CLAIMS**

You hereby fully and completely hold harmless, indemnify and release me and any of my agents, consultants, affiliates, joint venture partners, employees, shareholders, directors, staff, team members, or anyone otherwise affiliated with my business or me from any and all causes of action, allegations, suits, claims, damages, or demands whatsoever, in law or equity, that may arise in the past, present or future that is in any way related to my Website.

PLEASE PRINT CLEARLY

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**Refund Policy**

Due to the sensitive nature of this program and to protect the participants involved in the course, participation is by application and interview only. Which means all who apply will not be admitted. Your initial payment will be returned in full if you are not admitted into the program.

If you are accepted into the program, please note there are no refunds. There are no refunds on services that include group sessions, [toshia-shaw.teachable.com](https://toshia-shaw.teachable.com) courses, one-on-one spiritual or life coaching sessions. In the event that you decide you will not utilize your course sessions you forfeit those funds paid to Toshia Shaw.

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Signature

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Date