

PSYCHOSOMATICS MANUAL

Section Q

TAKING A MEDICAL CASE HISTORY

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STEPS IN EVALUATING A CLIENT WITH A PHYSICAL ILLNESS FOR CORE ENERGETICS WORK

Evaluation Starts with First Phone Call:

LISTEN....

-
- **First Impressions**
- **Voice (Tone, pressure)**
- **Resistances**
- **Anxiety / eagerness**
- **Boundaries**
- **Thought forms / Negative believes**

Initial Interview & Exam:

SEE, LISTEN, SMELL, TOUCH.....

- 1) **Evaluate the Level of Functioning:**
before and after onset of illness, what is the level of incapacitation
- 2) **What is the Initial Complaint?**
- 3) **What is the Age, Gender, Ethnic, Religious & Cultural background?**
- 4) **Sexual Orientation?**
- 5) **General Level of Functioning?**
 - **Schooling (Degrees)**
 - **Career**
 - **Schooling/career ratio**
 - **Social status**
 - **Relationships & Friends**
 - **Marital status, children, parents to take care of**
 - **Intelligence/accomplishment ratio**
 - **Financial Standing. (Prosperous?/Debts?)**
 - **Hobbies?**

6) Level of Self Care (also see handout)

- **Body weight**
- **Exercise**
- **Grooming**
- **Nutrition, Diet**
- **Supplementation**
- **Traditional medical care**
- **Dental care**
- **Alternative care**

7) Bodily functions:

- **Sleep patterns**
- **Dream life**
- **Eating habits**
- **Elimination (evacuation, urination)**

8) Sexual functioning

- **Female: menstruation, sexual issues**
- **Male: Erectile functioning**
- **Ability to have an Orgasm**
- **Fertility**
- **Puberty/adolescence issues**
- **Sexual orientation**
- **Past and present sexual activity level**
- **Sexual Ageing (Menopause/Andropause)**
- **Sexual abuse issues**

9) Organ Symptoms:

- **Which Organs or Body Systems are affected?**
- **List specific illnesses that may be important to know about before doing bodywork. ("Caveats!")**
- **List specific illnesses that may be linked to a underlying psycho- somatic component.**
- **Is there any connection between external events and the onset of an illness?**
- **Is there any obvious meaning or symbology with this illness?**

10) Psychiatric & Psychological History:

When? Why? What treatment? Result?

11) Hospitalizations, Surgeries.

When? Why? What treatment? Result?

12) Medications:

List:

- **Name of Medication,**
- **Dose & intended Purpose.**

- **Is it effective?**
- **What are the side effects?**
- **Who prescribed it?**
- **Duration?**

11) Medical Evaluation / Exam (if applicable)

- **Medical Information: (if available)**
- **Doctor's reports & Medications**
- **Lab tests**
- **X-rays**

12) Core Energetics Evaluation:

- **Mask, Lower Self, Higher Self**
- **Character issues(s)**
- **General Behavioral Observations**
- **Level of Life Force**
- **Energy Field**
- **List Energetic Blocks**
- **List Energetic Leaks**
- **Skin Color & Temperature**

13) Prognosis:

The treatment outcome depends on
3 aspects:

- 1) skill of therapist**
- 2) level of neurosis (= defense)**
- 3) patient participation (ego strength & self responsibility and willingness for change and to follow-up.)**

MEMO to the Core Therapist:

- **See the beautiful, creative qualities of your patient. ("gifts")**
- **See the Character resistances (Character structures) as a creative act and the very best a client could do in a given situation.**
- **Find the basic qualities of the personality (reason, will, emotion)**
- **Don't box the client in!**
- **You need the bodywork to make enough energy available for changes!**
- **Without energy a person stays in "reason".**
- **Notice: The client comes into the session not fully in reality.**

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