

Holistic Assessment

I understand this is not a medical intervention:

There will be some basic information kept on files, but no routine notes will be kept.

All efforts will be made to protect your privacy and maintain confidentiality.

I have been given a packet of information that includes: Right and Responsibilities and The Mission Statement and Philosophies of EJ Healers, Inc.

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

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

Witness: \_\_\_\_\_

## Holistic Assessment

### **Definitions and Descriptions:**

**Holistic practitioner:** A holistic practitioner is simply a consultant that is utilized for her knowledge, and experience in holistic health. At this time there is no special licensing or credentials required. Although Noel has years of experience in the health field as an RN, then as a Nurse Practitioner, as a Certified trauma specialist, an ordained minister and now with a doctorate of natural health. She also has worked with a shaman to learn and use some of the old Native American Indian healing techniques. Her years in critical care, oncology, as well as psychiatry have given her first hand knowledge of the mind body spirit connection. Her independent study both informally and formally had taught her the science and rationale for her recommendations.

**A holistic assessment** is not a psychiatric evaluation, nor is it a medical assessment. It is simply a tool for you to use to explore solutions to the needs in your life. The primary purpose of this interview is to help you prioritize the issues and barriers that are preventing you from feeling hopeful, fulfilled, healthy and happy. Once identified, and you are aware of some of the contributing causes of your symptoms, the holistic practitioner can support you and guide you towards some interventions that will contribute to a healthier happier life, and a more focus recovery or journey towards health.

Some of the questions are personal and it is very thorough. The purpose of the depth of these questions is to help this clinician sort out the best solutions recommendations for you. The information obtained in this process, is kept confidential and is honored as if it were a medical record. But there is no medical diagnosis made, neither is there any medical treatment recommended. If this clinician feels you need medical treatment, she will then refer you to an appropriate practitioner.

The clinical notes (which are primarily anecdotal) are only kept for a period of time and then destroyed by shredding, or incineration. You are welcome to a copy of any documentation made.

Noel Holdsworth MS ARNP CTS is licensed as a Nurse practitioner but her function as Holistic Health Practitioner is separate from that. She chooses not to have any liability insurance, as there is nothing harmful in any of the natural remedies and techniques she recommends. She is not under the protocol of any supervising agent as natural health practitioner or a trauma specialist. Her ethics, standards and professionalism are drawn from her years as a medical / nursing professional, as well the standards established by specific organizations like the American Association of Naturopathic Physicians or the American Association of Medicine. She adheres to and honors the values and principles taught to her at Clayton College of Natural Health, in Birmingham AL Those values and philosophies are reflected in the following set of rights and responsibilities. These are her personal philosophies and are of EJ Healers. (description of same attached)

## Holistic Assessment

### **RIGHTS**

You have the right:

- to courteous, kind, competent care
- to collaborative care with your primary physician, or any of your specialist
- to ask questions (questions are good)
- to an explanation of the recommendations made.
- to be seen within 15 minutes of your appointment (although every effort will be made to see you in a more timely fashion)
- to have your phone calls returned in a timely manner (we will make every effort to return those calls within one business day)
- to obtain a second opinion
- to seek education and counseling elsewhere
- to know my credentials, my scope of practice, my training and my education
- to know if I feel I cannot help you
- to know that your assessment plan may be discussed with my supervising faculty
- to utilize medical and alternative and or adjunctive treatment options (just please let me know)
- to emergency treatment and crisis intervention 24 hours a day, however I can not be available to provide you with that. If you have an emergency when I am not available, please call 911, go to the local emergency department or call the crisis hotline
- to a reasonable fee for my service (I am open to negotiating fees)
- to your own thoughts feelings and behavior, (No physical or verbal abuse will be tolerated though)
- not to be judged or shamed if you do not accept or honor the recommendations made in these sessions
- confidentiality and privacy of the information you share and any documentation of your sessions with me.

### **RESPONSIBILITIES**

You are responsible for:

- notifying us if you can not make your appointment (please give us as much notice as possible. (If you forget one appointment, you are human, and will be forgiven, if you miss two appointments without calling you will be billed \$25.00, if you miss three appointments without calling you will be billed for full amount and you will need to find another clinician
- Being honest
- Letting me know all the medications you are taking: (name dose time etc) including over the counter, or herbal supplements as well as any other pertinent data that would help me make good recommendations
- Seeking additional information and additional help
- For not giving up
- Respect the thoughts feelings and behavior of others you encounter in this office
- (including maintaining their privacy, and right to confidentiality)
- notifying me if you feel what we are discussing and doing is not helping, so I can reevaluate and redirect your care.
- To keep your bill current

## Holistic Assessment

### About us...

Noel and Richard Holdsworth are husband and wife that believe in making a difference, loving what you do and doing what you love are key ingredients to employment and ultimate happiness. They have gained great learning experiences from working for other people and organizations. They also have had personal experience in developing and growing a successful business. Their main goal is to simplify life while maintaining purpose and priorities.

Richard has over 40 years experience in the commercial broadcast industry. His calming voice, articulation and ability to convey information in an organized manner are great assets. Following the devastation of Hurricane Charley to southwest Florida in 2004, his voice was all that some people needed to hear on their battery operated radios, giving them the hope that all would be all right. He had served for many years as logistics coordinator for the Disaster Medical Assistance Team and this role gave him great credibility while passing on vital survival information to those hurricane victims.

As part of that DMAT team he traveled to the World Trade Center soon after the 911 attack, where he gained valuable insight, empathy and experience in pain and trauma. This allowed him to challenge and question many of his beliefs, thus developing the spiritual side of his life.

Richard also is a experienced Licensed Massage Therapist. He finds joy, in relieving pain, and providing stress management to those who use his services. He has worked closely with his wife, and her clients, assisting traumatized individuals to release some of their pain through massage therapy.

Noel and Rich believe that one needs to live what they believe. Both enjoy nature, hiking, the mountains, and the water and believe that simpler is better. They have five children and four grandchildren. They love animals and find great pleasure in romping with their two beloved lab mixes.

Noel has over thirty years experience in nursing. She has worked as a critical care nurse, as an IV therapy nurse, an oncology nurse, a nurse manager and her first love: emergency nursing. Those years in trauma nursing, inspired her to explore ways to help in emotional or psychological trauma. She worked as a psychiatric nurse practitioner for over 10 years, where she specialized in trauma care, especially PTSD (post traumatic stress disorder) and sexual abuse.

Simultaneously with that, she discovered the need for spiritual balance in recovery, and became ordained as a minister. She also pursued a doctorate in natural health in order to provide her clients with a broader menu of solutions and recommendations.

Noel has been published, written articles, provided continuing education for her peers and for the public. She has coached both men and woman to be all they could be while doing what they love.

EJ Healers, Inc was created in order to provide a mechanism to promote all that they love to do. It was also created as a way to share with others all that Noel and Rich have learned in their lives. EJ Healers, Inc is a way to share their talents and gifts under one umbrella. EJ healers was created as mechanism to connect with people.

Noel Holdsworth DNH, APRN-BC,CTS  
EJ Healers, INC  
706 768 5787, [www.ejhealing.com](http://www.ejhealing.com)

## Holistic Assessment

The initial task of EJ Healers Inc is to market and sell Noels book: "If yo stand in the middle, you won't fall down: letters of healing from Eloise and Jake. It is also the business that supervises "Cue the Dog Production" A digital recoding studio that produces commercials and voice over for companies nationwide

## Holistic Assessment

### **Mission Statement:**

EJ Healers, Inc is simply a tool to connect with people, share our gifts and talents and market awareness and hope

It is in the business of hope and its purpose is to promote effortless joy

Is to provide a safe professional friendly environment where individuals can find direction in how to stabilize and improve their lives.

That is done through establishment of therapeutic relationships and involves the ventilation, validation and education process. It is holistic in that it factors in the mind, body, spirit connection.

It also is based on the individual “right to” and “responsibility for” their own thoughts feelings and behaviors.

Just as a lighthouse never steers the ship through the harbor, Neither will we ever take responsibility for another person’s journey. We only will offer light to make the passage easier and safer.

And we believe that it is possible to get through any storm.

### **Philosophy:**

Simple is good. Quiet speaks loudly. Less can be more. There is good in everyone. There is a gift in all trauma. Gratefulness is a way of life. Nature can teach us most of what we need to know. Each person is responsible for their own path. We are responsible to be a light, as a beacon in the harbor but we are not responsible for steering the ship through the storm. There is ALWAYS hope. Having fun is a requirement to succeed. Being real and true to oneself is contagious. If you can’t find your own tribe, create one. Most people make good decisions once they are aware. Being is more important than doing. One person can make a difference. There is always more than two choices. Health should be affordable. Spirituality and religion are not the same. There is a higher power, and its all good. There is no bad and evil only light and dark. There is mind body spirit connection, and all three need equal attention. Healing is possible. Living and breathing in the present moment is the key to the rest.

### **Principles:**

We value Quality Care

We provide education and information

We believe in the mind body spirit connection

We try to collaborate with other health care professionals

We encourage recovery, health, and individual responsibility

## Holistic Assessment

### Core Belief:

If you treat a man as he is, He will remain as he is: But if you treat him as if he were what he ought to be and could be,.....

He will become what he ought to be and could be. -GOETHE

### **Contact:**

[www.ejhealers.com](http://www.ejhealers.com)

Rich 706 768 5788

Noel 706 768 5787

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## Holistic Assessment

Name: \_\_\_\_\_ Nickname (preferred to be called) \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_ c or h

\_\_\_\_\_ Best Way to contact you? \_\_\_\_\_

Emergency contact: (name and number) \_\_\_\_\_

How did you hear about this? \_\_\_\_\_

Reason for coming today? \_\_\_\_\_

Other Healthcare providers: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medication (prescribed): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Medication (OTC): \_\_\_\_\_

\_\_\_\_\_

Other Supplements: \_\_\_\_\_

\_\_\_\_\_

Any ongoing medical treatments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Any on going alternative treatments (massage therapy, physical therapy, acupuncture,

Energy work, etc): \_\_\_\_\_

\_\_\_\_\_

## Holistic Assessment

Past medical history: (including childhood diseases) \_\_\_\_\_  
\_\_\_\_\_

Past surgeries and when: \_\_\_\_\_  
\_\_\_\_\_

Past hospitalizations and when: \_\_\_\_\_  
\_\_\_\_\_

Current medical diagnosis: \_\_\_\_\_  
\_\_\_\_\_

When first diagnose by whom, current treatment? By whom? \_\_\_\_\_  
\_\_\_\_\_

Any current physical problems: please circle or answer

Breathing (shortness of breath, difficulty breathing etc) , Blood pressure (high or low),

Palpitations, Sweating, Hot flashes,( Pre menopausal, menopausal, post menopausal)

Age at onset of menses (period) PMS

Using birth control, trying to get pregnant, sexually active, NA

Number of pregnancies births abortions miscarriages

Excessive Bleeding, Bruising easily,

Pain (Where?)

Muscles, Bones, Skin, Bladder/ kidney/ urinary tract, Seizures, Headaches, Vision

Hearing, Tasting , Smelling, Stomach/digestion, Bowels, Diarrhea, Constipation

## Holistic Assessment

Sleep: too much too little difficulty falling asleep difficulty staying asleep

average number of hours of sleep at night naps during the day, Dreams,

Nightmares, Flashbacks, Restless legs

Anxiety, panic attacks, Suicide attempts,

Sadness, poor Concentration, Memory,

Eating Over eating under eating anorexia bulimia purging binging

Water consumption (how many glasses a day?)

Other beverages a day: Coffee, tea, soda, fruit juice, other

Mood swings Feelings of: Helplessness Hopelessness Anger

Drug use present: marijuana, cocaine, ecstasy meth-amphetamines, speed, crack

methadone narcotics other

Drug use past: marijuana, cocaine, ecstasy meth-amphetamines, speed, crack

methadone narcotics other

Alcohol use now: Alcohol use past:

Smoking now Smoking past

Where and how do you get your movement / exercise needs met?

What gives you meaning and purpose in your life?

What do you do for fun?

What are your hobbies and how often to you do these things

How often do you get to be with nature, in nature? Woods, mountains, water, gardening etc

## Holistic Assessment

Who are you emotional and life support systems?

Current living arrangements:

Current working environment:

Previous occupations:

Highest level of education:

Legal history: felony charges misdemeanor charges lawsuits file or filed against you?

Witness any domestic violence?

Filed any charges of DV?

Been charge with any DV charges?

Other trauma history?

Any verbal abuse to you: by whom? to others?

Any physical abuse to you: by whom? to others?

Any sexual abuse to you: to others:

Ever been in the military? Doing what? For how long?

Honorable discharge? Yes no When?

Are your parents alive?

If not how old were they when they died and what did they die of:

Did they have any significant health history?

How many siblings do you have? Older or younger? Alive? Health issues?

Sisters

Brothers

Half sisters

Half brothers

Step sisters

Step brother

## Holistic Assessment

Do you have step parents?

Can you pick one word to describe each of your parents and or step parents

Can you pick one word or a phrase to describe your childhood

How many children do you have? Their ages? And any significant health concerns?

How many long term relationships have you been in, long have they lasted and why did each ended (In a word or two)

When do you feel the best about yourself?

What do you feel when you first wake up?

What do you generally feel at the end of the day?

Best part of any given day

Worst part of any given day

Best part of life now

Worst part of life now

## Holistic Assessment

Best part of your past was?

Worst part of your past was?

Best thing you look forward to in the future

Worst thing you look forward to

Do you have a religious affiliation?

Do you participate in religious activities?

What are the stressors in your life at this time?

What is your biggest regret in your life?

Is there something you continually feel guilty about?

What is the biggest loss you have experienced in your life

What is the Best gift life has given you?

One thing you would like to fix or begin working on:



## Holistic Assessment

### Wellness and Healing

**Wellness Workbook.** John Travis and Regina Sara Ryan

**8 Weeks to Optimum Health.** Andrew Weil

**Ageless Body Timeless Mind.** Deepak Chopra

The Relaxation and Stress Reduction Workbook. Martha Davis, Elizabeth Robbins Eshleman & Matthew McKay

The Wellness Book. Herbert Benson and Eileen M Stuart

**The 12 Stage of Healing: A Network Approach to Wholeness,** Donald Epstein

### Fitness

**Working Out Working Within.** Jerry Lynch and Chungliang Al Huang

Body Mind and Sport. John Douillard

Toughness Training for Life. James Loehr

Joyful Yoga. June Dennison

Ancient Secret of the Fountain of Youth. Peter Kelder

### Mind Body

**Mind Body Health.** Brent Hafen, Keith Karren, Kathryn Frandsen, N Lee Smith

The Healer Within. Steven Locke, Douglas Colligan

### Spirituality

Power of intentions. Wayne Dyer

Manifest your Destiny. Wayne Dyer

**Spiritual Solution to Every Problem.** Wayne Dyer

Mutant Message Down Under. Marlo Morgan

Mutant Message from Forever. Marlo Morgan

Celestine Prophecy . James Redfield

Conversations with God. Neale Donald Walsch

The way of the peaceful warrior. Dan Millman

Course in Miracles Editor: Foundation for inner peace

Practicing the Power of Now. Eckart Tolle

Seven Spiritual Laws of Success. Deepak Chopra

Ageless Body Ageless Mind, Deepak Chopra

Seat of the soul. Gary Zukov

Anatomy of the Spirit. Caroline Myss

Sacred Contracts. Caroline Myss

**Journey Home.** Lee Carroll

Creating True Prosperity. Shakti Gawain

The Four agreements. Don Niguel Ruiz

Healing with the Angels. Doreen Virtue

Many Lives Many Masters. Brian Weiss

The Game of Life. Florence Scovel Shinn (Published in 1925)

The Complete Idiots guide to Awakening Your Spirituality. Jonathan Robinson

Spirituality for Dummies. Sharon Janis

Ask and it is Given: Jerry and Esther Hicks

Succulent Wild Woman. SARK

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Dark Side of the Light Chasers. Debbie Ford  
God doesn't have bad hair days. Pam Grout

### Humor

The best of Loretta LaRoche

### Relationships

Men are from Mars, Women are from Venus. By Dr Grey  
Too Good to Leave, Too Bad to Stay , [Mira Kirshenbaum](#)

### Energy

Qigong a legacy in Chinese Healing. Dean Y Deng, Enid Ballin  
Essential Reiki. Diane Stein

### Native American

Animal-Wise. Ted Andrews  
Animal-Speaks Ted Andrews  
Animal Wisdom. Susie Green  
A Journey into Herbal Healing Randall White  
Totems. Brad Steiger

### Reference Books

Homeopathy  
Herbal Emissaries. Stephen foster and Yue Chongxi  
The Web that has no Weaver. Ted J Kaptchuk

### Naturopathy

A Practical guide to Naturopathy. Stewart Mitchell  
Philosophy of Natural Therapeutics. Dr Henry Lindlahr

### Ayurvedic

Ayurvedic The Science of self healing. Vasant Lad  
Ayurvedic Healing. David Frawley

### Herbology

Healing Herbs. Michael Castleman  
The complete family guide to Natural Home Remedies Ed: Karen Sullivan  
The complete Illustrated Holistic Herbal. David Hoffman  
The Way of Herbs. Michael Tierra  
Encyclopedia of Natural Medicine. Michael Murray, Joseph Pizzorno

## Holistic Assessment

### Shamanism

The Woman in the Shaman's body. Barbara Tedlock

The Way of the Shaman. Michael Harner

The Teachings of Don Juan. Carlos Castaneda

### Other

Vitalism, the history of herbalism, homeopathy and flower Essence. Matthew Wood

Alive and Well: The emergence of the active Nonagenarian. William F Powers

### Miscellaneous

Change your DNA Change Your Life. Robert Gerad

## BILLING

Name: \_\_\_\_\_ First visit: \_\_\_\_\_

Date: \_\_\_\_\_ Charge: \_\_\_\_\_ Paid: \_\_\_\_\_

Major theme / issue / Recommendation: \_\_\_\_\_

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Major theme / issue / Recommendation: \_\_\_\_\_

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