



New Client PREP CHECKLIST

Pre-Session Preparation - Send To Client Before The Session

- ☐ Read "Big Picture Overview"
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- ☐ Read "Introduction to Phobias and Traumas" Document
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- ☐ Watch Video: Heal Trauma Now
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- ☐ Tapping Points Handout & Start Using Tapping Every day
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- ☐ Read the Self-Muscle Testing Document -How to "Avoid the Basic Mistakes" Muscle Testing Document
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- ☐ Write a 2-10 page biography
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- ☐ Write a list of the the ways they sabotage themselves
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- ☐ A list of goals for treatment
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First Session

- ☐ Watch the Video: Introducing a Client to HBLU
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- ☐ Have them Re-Read the How to "Avoid the Basic Mistakes" Muscle Testing Document
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- ☐ Explain Muscle Testing and Practice the Basic "Yes" & "No"
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- ☐ Unblock their Energy Field
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- ☐ Ask Questions on the New Client Intake Form - p. 110
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