

Physical and Mental Health Survey

Tamalpa UK is a school for movement-based expressive arts therapy. It is necessary that we assess the physical, mental, emotional issues that might affect a student in the training programme. In order to ensure that we are able to maintain a healthy supportive learning environment for all our students, we have included some specific questions regarding mental and physical health, below. Please note that confidentiality will be maintained to the fullest extent. Tamalpa UK does not discriminate against anyone on the basis of any actual or perceived disability.

The purpose of this form is to assist you and us as you participate on our ONLINE Level 1 Personal Mythology training. To review where you may require any extra assistance to fully participate in and benefit from our training programme. Due to the current COVID-19 pandemic circumstances and Tamalpa UK Level 1 Personal Embodiment training programme now being facilitated online for 2020/2021, it is a requirement that each student has a minimum of two hours therapeutic support each month to support them as they attend the training from October 2020 – July 2021.

While the programme can be very therapeutic, it may be beyond the scope of the training programme to provide specifically for the mental/physical/emotional health needs of an individual student. If a student is likely to need 1:1 therapeutic support, we aim to recognize this in advance and discuss with the student how to structure this support.

It is our policy that faculty members do not act as primary therapists or counselors for individual students whilst they are on the training programme, since this is a dual role. However private 1:1 Tamalpa Life Art Process coaching sessions to support student's student development whilst they are on the programme are available with faculty members.

Early on in the programme Zoom meetings will be scheduled for each student to check in with how the training programme is going for them and to identify any further resources needed to support them on their journey.

Please answer these questions below, as a starting point for your journey on the Level 1 Personal Embodiment training programme:

1. Please list all physical health conditions for which you are currently undergoing treatment. Please list the names and contact info of your healthcare providers (if relevant)

2. Do you have any allergies?

3. Please list medication that you are currently taking. Please make sure that you have enough medication to last during the programme that you are enrolled for. If you need additional space, please add an extra sheet.

4. Please list any physical conditions that you have received treatment for in the past that could potentially recur. Please include injuries as well as any conditions that are chronic and could possibly recur in the future. Please especially note any condition that could be exacerbated by an intensive movement-therapy training programme.

5. Have you been hospitalized for mental health reasons? If so, please give dates and duration of hospitalization, and the diagnosis.

6. Are you currently taking medication for mental health reasons? Please list:

7. Have you been prescribed psychoactive medication? Please list:

8. Have you experienced any of the following? If Yes! What helped you or was supportive for you in the moment? *severe depression or anxiety
*manic episodes, *suicidal thoughts, *paranoia

9. Have you been diagnosed with an eating disorder?

10. If you should need therapeutic support, what resources do you currently have available to you or is this something you would need a referral for?

11. Is there anything else you want to let us know about your mental /emotional health that would help us to ensure your successful journey through our training programme?

12. Please state your name and Tamalpa UK training programme you are enrolled in.

I confirm that to the best of my knowledge and belief, the above statements and answers are true and correct:

Signed:..... Date:.....