Date \_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birth date \_\_\_\_\_\_/\_\_\_\_\_\_\_/\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_\_

**Emergency Contact (available at time of session)**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you currently seeing a psychotherapist or counselor?

Psychotherapist Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If so, for how long?

If not, are you looking for a referral?

Why are you seeking trauma therapy at this time?

What are your goals?

Have you ever had a professional bodywork session?

If so, how did your previous sessions make you feel?

How comfortable are you with touch?

Are there any spiritual beliefs that you would like to share with me?

Are you currently taking any medications? Please list.

Do you have any physical problems I need to be aware of?

Have you had any surgical traumas?

Have you ever been the victim of a violent crime?

Have you ever witnessed violence or a traumatic event?

Client traumas include: childhood traumas, child birth trauma, physical abuse, mental/emotional abuse, sexual abuse, surgery trauma, holocaust/post-war traumas, environmental and/or natural disasters, PTSD, auto accidents, and physical injuries.

As a licensed massage therapist, Danielle L Carr is not qualified to make any diagnosis or prescribe any treatments. She requests that you discuss with your psychotherapist, counselor, or pastor any concerns that may arise as a result of this body work. All recommendations are to be viewed as suggestions.

All sessions are confidential. All sessions are strictly non-sexual in nature. Danielle L Carr would like to make an agreement with you that if anything during your session feels uncomfortable, you both will let each other know.

As a Raphah Pallel client I agree that I am 100% responsible for my well-being while participating in this session.

I agree to be 100% responsible for my participation in this therapy.

I agree to take 100% responsibility for my truth, my feelings, needs, and whatever issues arise for me during this therapy.

I initiate participation in this therapy fully understanding that I am completely responsible for my own life and actions.

I am willing to have learning, healing, and transformation happen in ways that are fully loving, compassionate, and kind to me and everyone else.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Therapist Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_

*Raphah Pallel* is a Christian bodywork modality which meets the needs of clients with trauma or abuse histories who desire healing from a living God. *Raphah Pallel* describes a type of Christian energy work which brings the Father God, the Son Jesus Christ, and the Holy Spirit into the body work/trauma therapy session. *Raphah Pallel* can be used in conjunction with a variety of massage and body work techniques and modalities.

When we invite Jehovah Rapha into the massage session many wonderful things will happen. He is allowed to enable the therapist to work through His healing power, and He is allowed to bring healing to the client. When a trauma is surfaced the Lord can and will bring healing and comfort that is supernatural and complete.

*Raphah* and *Pallel* are Hebrew words:

**Heals or Healeth**: HEBREW STRONG’S NUMBER 7495

Transliteration: **Rapha’ or Raphah** , Phonetic Pronunciation: raw-faw’, part of speech: v

**RAFA רפא - heal/relax**
The Hebrew word for heal is Rafa. Rafa can also mean to relax. One must heal or relax the mind as well as the body in order to get a complete healing. The ancients knew that relaxation was key to restoring the body by means of their Sabbath. Doctors have come to know that stress plays a pivotal role in ones physical health. If stress can influence sickness and disease, then relaxation must have the potential to restore the body. Honor the day of rest and restore your soul.

*The Wailing Wall*

[One of the] Hebrew words for **prayer** is **teffilah**. The word ‘**pray’** in Hebrew is ‘**pallel’**, from the root, **פלל** meaning ‘to judge oneself.’ This may also mean to fall down or be overtaken (N-P-L). There are four types of prayer: **Petitionary, thanksgiving, praise,**and seeking**forgiveness.**

Sincere prayer comes from within the hidden secret places of the soul. From within come confession, thanks, and praise. It is the separation from G-d that makes prayer possible and meaningful. It is not natural for man to be without G-d. Prayer is the bridge that connects us to the Father of every living thing. Prayer is closely linked to the Hebrew **דבקות** “devekut” where there is a constant cleaving or attaching oneself to G-d. The Hebrew **כונה** "kavanah" **concentration**or **intent** is most important as well. One must clear their mind of all outside distraction or random thoughts and concentrate on G-d alone.

<http://ancienthebrewwordsofwisdom.blogspot.com/2006/12/ancient-hebrew-words-of-wisdom.html>

**Jehovah Rapha**

“I am the Lord your Physician” or “I am the Lord your Healer” – this name especially was a name God spoke about Himself, not one that someone gave him. Exodus 15:26, “*And [the LORD] said, If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for* ***I am the Lord that healeth thee****.” (Emphasis mine)*

The spelling of Rapha becomes Raphah when it is not preceded by “Jehovah”. Adding the “h” to the end it makes the word be “God heals” and not just “to heal”.

In a crisis you are faced with a fundamental choice: rise to the occasion and deal with your new life situation, or allow yourself to feel broken and defeated.

The following recommendations are from *Neil Rosenthal who is a licensed marriage and family therapist and a syndicated columnist. His website is* [*heartrelationships.com*](http://heartrelationships.com/)and isfor anyone needing to heal from a major loss or calamity:

• Permit your sad, angry, hurt and devastated feelings to be there, but also look at what gives you hope. Regeneration begins with a vision of something you hope for.

• Resist the temptation to give up. Life is about falling down and getting back up again.

• Be in touch, on a daily basis, with your soul or spirit. Your essence. The part of you that stands above your day-to-day concern, the you that has a lifelong perspective instead of a short-term one.

• Journal. Write down emotions, feelings and struggles. A journal is enormously helpful and comforting.

• Under-indulge in things that anesthetize your emotions, i.e. food, alcohol, recreational drugs or TV.

• Talk with trusted others. If you don't talk about it, you will feel worse.

• Find somebody who has been through a similar experience and has gotten through it. There is strength in compatriots and kindred spirits.

• Expect less of yourself for awhile.

• Don't rush into making major decisions unless you have to. Your decision-making is impaired.

• Make yourself look for a silver lining. You know what you've lost. Now look at what possibly can be gained from this loss.

Be filled with the Holy Spirit (Ephesians 5:17-19)

Respect one another (Proverbs 13:13)

Pray without ceasing (1 Thess. 5:17)

Be forgiving (Ephesians 4:32)

Let the Word of Christ dwell in you richly (Colossians 3:16 KJV)

Be kind and compassionate (Ephesians 4:32)

Love your neighbor as yourself (Matthew 22: 36-40)

Love your enemies, bless those who curse you (Matthew 5:44)

Judge not, but be discerning (Matthew 7)

Test the spirits (Matthew 7:15)

Confess your sins to one another (James 5:16)

Anoint with oil (Psalm 23:5; James 5:14)

Speak the Word with boldness that the Lord may heal (Acts 4:29-30)

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. (Colossians 3:17)

**Sensation List**

Achy

Alive

Angst

Armored

Airy

Bloated

Blocked

Bubbling

Big

Bony

Buoyant

Breathless

Burning

Blue

Calm

Centered

Clammy

Chilly

Choked up

Closed

Collapsed

Colorful

Comforted

Constricted

Cool, cold

Cut off

Choppy

Confused

Dense

Dizzy

Disconnected

Deep

Dull

Dry

Deflated

Dead

Empty

Effervescent

Easy

Exploding

Electric

Faint

Fidgety

Flat

Flowing

Fluttery

Fragile

Forced

Freezing

Fuzzy

Frozen

Floating

Full

Flying

Forgiven

Gentle

Graceful

Grounded

Green

Goodness

Hard

Heavy

Hollow

Hot

Huge

Hungry

Ill at ease

Imploding

Inflated

Intense

Itchy

Invigorated

Jammed up

Jagged

Jazzy

Joy

Knotted

Limp

Loose

Little

Light-headed

Light

Love

Melting

Moist

Moving

Mellow

Narrow

Nauseated

Numb

Nurturing

On fire

Open

Orange

Painful

Paralyzed

Peaceful

Pleasant

Prodding

Poking

Pressure

Probing

Perky

Porous

Present

Pulsating

Pushed

Prickly

Piercing

Purple

Quivering

Quiet

Queasy

Red hot

Relaxed

Relieved

Rigid

Restless

Rock hard

Rough

Rising

Round

Scratchy

Secure

Sensitive

Settled

Shaky

Sharp

Shallow

Shriveled

Slimy

Sick

Slippery

Slow

Smooth

Sluggish

Soft

Solid

Soothing

Sore

Strong

Stuck

Sweaty

Swollen

Shooting

Shivery

Sticky

Squishy

Streaming

Sinking

Shame

Taut

Tingly

Ticklish

Tight

Thin

Tender

Throbbing

Tired

Trapped

Trembling

Thick

Untouchable

Uncomfortable

Uneasy

Unsure

Ugly

Vibrant

Vibrating

Velvety

Victorious

Vivacious

Warm

Weak

Whole

Weary

Wobbly

Woozy

Yellow

Yucky