

MIND-BODY TRANSFORMATIONS THERAPY (MBT-T) ©

Group Self Report Version (2015)

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NAME _____ DATE _____ TIME: _____

Age: _____ Education: K8 HS BA MA Dr. Work: _____

Night Sleep Length: 1h 2h 3h 4h 5h 6h 7h 8h 9h 10h 11h 12h + (Circle)

Dreams: _____ Days/Week. Dreams/ Night _____

Initial Stress: On a scale from 0-10 rate your level of stress 0 - 10 _____

End Stress: On a scale from 0-10 rate your level of stress 0 - 10 _____

STAGE ONE: Accessing Inner Resources:

1. Warmer – Cooler: Yes / N
2. Stronger – Weaker: Yes / No

STAGE TWO: Engaging Personal Issues:

3. Adult - Child: Yes / No
4. Problem - Opposite: Yes / No

STAGE THREE: Creative Private Replays:

5. Negative Past Review: Yes / No
6. Positive Now & Future: Yes / No

STAGE FOUR: Integration and Reality Testing:

7. Positive Self-Change: Yes / No
8. Positive Self-Prescription Yes / No
9. Without looking at the clock estimate in minutes how long the hand exercise lasted: _____.
10. On a scale from 0-10, how real was your experience? 0 - 10 _____
11. On a scale from 0-10, how surprised were you by your experience? 0 - 10 _____
12. On a scale from 0-10, how *confident* are you in your self prescription? 0 - 10 _____

OFFICE USE

Initial Time: _____ am pm Real Time (Min): _____

13. Creative Mental Engagement: Real Time _____ / Est. Time _____ X 100 = _____ %

14. % Stress Reduction: Initial Stress% _____ (-) Final Stress% _____ = _____ %

15. 4-Stage Ideodynamic Protocol: yes = 100% no = 0%, Sum #1 - #8) / 8 _____ %

16. MBT-T (NNNE): (#11 + #12 + #13 + #14 + #15) / 5 = _____ %

(GE/BP/SCH/PNI)

Telegen _____ SISRI-24 _____ Comments: _____
