

Imagery Intake Form

Client Name: Collette Woods

What relationships are most important to you? (names, roles)

comfort in presence

parents → only see because "can't speak to them" Kay-
Pat, Maria
Alison & Aaron → children

• cut from dad
• send time for PC

analyzes everything

Chris →
Steve → "brother"
mom & dad's jewelry box (made for her)

What objects hold special meaning for you? (item, significance, story)

- yonka necklace → clear crystal quartz ⇒ good is coming, charge
- roads, crystals, shells → natural, ancient (could be)
"hold wisdom & impart it / absorb it"
- little bottle → blue perfume → "cute"
- notecards from Maria → hummingbird pull
- labret stone → made for you. healing energy, grounding.
→ Pat's guitar → played it.

• freedom to something greater for myself

Where are your places to go to relax? What resonates with you about them?

• staring up at stars → VASTNESS

- lay under trees (well-established) grass
spring/fall - warm, gentle breeze
- side porch: shaded, wind-chimes, see the trees
- mountains (Crested Falls → water, trees → be by yourself)
space vto being cut off
- beach → sand, surf ⇒ WATER: sound, movement, "vastness"

What are your favorite colors? How do they make you feel?

blues, green - happy ("pretty medium almost bright")
green - calming (medium dark)
red - fun, well, vibrant, entertaining → "poppy" : lighter tones
gold - warm, comforting : medium-ton, "liquid & shiny"
"nestor" ⇒ nourishing

What are your least favorite colors? How do they make you feel?

yellow - washed out

Do you have any scents that you find calming, grounding, energizing?

* honeysuckle → youth (don't pick & pluck them)
garlic → cooking → anticipation of the meal
humidor → tobacco → safe, warm
sea air (salt) → vacations → happy, relaxed, "nothing but time"
patchouli → humidor; spicy, warm, safe
~~rose~~ * incense burning (oriental temple) → relaxed, calm
"beth"

Are there any scents that you avoid?

bleach (ammonia)
rose → "protect heart" after PCT

What are your favorite animals? What do you appreciate about them?

(*argus - "failed foster")

hummingbird → light, quick, edgy, pretty
otter → "super cool" - sleek, slick, "hold their pups"
skink → "slow down" - mesmerizing, slow motion
cats → sleep confident, independent
dogs → always happy → hard, border collie (experience, loyalty, safety, relationship)

What textures or materials do you find comforting? Grounding? Energizing? Agitating?

comforter = fuzzy on inside → comforting, plush, fuzzy
soft, soft cotton → comforting
hemp shoes → warm and breathable
crushed velvet → soft smooth (distracting)
Agitating → burlap (scratchy, dry)

Other thoughts, observations:

music: "binaural beats to calm"
contemporary horn (jazz but not jazz)
Earth, wind & fire
60s → calming
70s → calming ("time in a bottle")
70s - classic rock, some 80s → confident
(dances → what you skate to)
birds → "happy" = busy active, playing → engaged in life
rain → all the rain → thunder - vibration of it
(camping in the van in the rain)
acoustic guitar → intricacy, "it dances", "magical"