

## BEHAVIOURAL INVENTORY- ESSENCE CONSULTATION

The questions below are to help with the selection of essences to support behavioural change. The more fully you can answer these questions, the better able I am to select the best remedies. Some questions may not seem relevant – however I can assure you that the answers that you provide are important in tailoring the essence to the needs of your animal and in the other recommendations that I may provide.

### Please Note :

- *The use of essences cannot replace good positive behavioural training, therefore it is important for you to review your training methods and/ or seek assistance from a professional behavioural trainer as required.*
- *Some behavioural problems can be attributed to or exacerbated by inappropriate diet, use/wearing of training aids and/or physical/structural problems with your animal. It is therefore important that you have considered these issues as part of an overall approach to change.*

Animals Name	
Breed and Age	
Dog/Cat/Horse	
Owners Name and Contact Details	Phone : Email : Address :
How long have you had your animal	
Vet or other health care professional details – name and contact no.	

\* Please attach a photo along with this questionnaire.

### Your animal's emotional /mental health

1. Does your animal appear content generally?
2. How would you describe your animal's general mood & personality?
3. Likes and dislikes ?
4. Prefer warmth or cold ?
5. How does your animal relate to people generally? – does this change depending on environments – if so please provide details
6. How does your animal relate to other animals – does this change depending on environments – if so please provide details?
7. Does your animal appear tense and /or relaxed or go from the two extremes – provide details
8. Does your animal have any fears or anxieties – provide details?
9. Performance animals – does your animal exhibit trial /show/racing stress? – provide details of what "this looks like" ( describe behaviour , mannerisms etc )under what circumstances . If this is the main problem then go to section 2.

10. Has your animal experienced recent grief?
11. Is your animal like you in its behaviour and reactions?
12. Describe the environment in which your animal lives and his/her general routine? Has anything changed recently ( new home, people leaving or coming , new animals, renovations etc ) – please elaborate
13. Briefly tell me what you feed your animal ? Please include any supplements or additives that you use
14. Any other animals in the household ? what is your animals relationship like with those animals?
15. Any recurring physical ailments or major physical problems over lifespan
16. is your animal regularly vaccinated ? Have you noticed any reactions ( physical or behavioural) following vaccinations or medications ?

**Presenting Problem – main area of concern.**

**Please provide as much detail as possible**

1. Describe what you see as the current /main problem?
2. History of the behavioural problem, when did it first start and what was happening in the animals life? What was happening in your/families life at that time? Has the problem got worse over time, intermittent, got better then worse – details as appropriate? For performance /trial related stress ,please describe the actions of the animal, mannerisms, does this change with environments or any other training or stimulus, is the animal better at training but problem only in competition etc ?
3. Has there been any exacerbation of the behavioural problem following vaccination or other medications, or time of day , after meals etc?
4. Have you sought assistance or currently seeking assistance with the problem, provide details and what was the result? ( *include use of essences, homeopathics, medication, herbs, diet*)
5. What thoughts typically go through your mind when your animal behaves in ways that are of concern to you? (relating to the problem as stated above)
6. How do you typically react to the problem (behavioural) when evident?
7. What control over the animal do you have when the problem emerges, what control normally? What training techniques have you used? Who else handles the animal?
8. Any other information that you think may be relevant?
9. What outcome are you looking for? (Describe the observable behavioural difference you want to see)

**If there is any other information that you feel may be relevant, please feel free to provide the details below.**

**Thank you for completing the questionnaire!**

**Please return via email to [animalequil@bigpond.com](mailto:animalequil@bigpond.com)**

As with all complementary therapies the advice and healing given does not replace the services, views and opinions of your veterinarian.

Animal Equilibrium does not dispense veterinary advice, diagnosis or prescriptions. Whenever a person feels that they require veterinary advice, I encourage the person to seek such advice from their veterinarian as soon as practical.

**Helen Anderson**

**Animal Bowen Therapist / Kinesiologist / Animal Reiki Practitioner**

*B.AppSc; Grad Dip Hlth Ed; MEd; Diploma Equine SmartBowen Therapy; Cert 1V Kinesiology ; Cert Animal Nutrition (NCTM); Cert Animal Homoeopathy ( BIH) Animal Reiki Master  
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