

Documentation Package for an Alternative Aquatic Bodywork Practice

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Designed for use in a non-clinical setting for gathering anecdotal information

- Sample Alternative Aquatics (Aquapoetics) FAQs
- Pre-session Questionnaire (Client)
- Evaluation (Practitioner)
- Experience Questionnaire after 3+ sessions (Client)
- Experience Questionnaire after 15+ sessions (Client)

Available from Sara Firman (www.AquaPoetics.com) by request

Alternative Aquatics (Aquapoetics) FAQs Sheet

- What is Aquapoetics?
- How will Aquapoetics benefit me?
- Are there any conditions under which I should not receive Aquapoetics?
- Can elderly/ pregnant/ children benefit from Aquapoetics?
- Is there anything I can do outside Aquapoetics sessions to enhance the experience?
- How to get the most out of your Aquapoetics session

Alternative Aquatics Pre-session Questionnaire (Client)

- * Write, briefly, how you are feeling right now:**
- * What do you think of when you think 'water':**
- * Have you experienced aquatic bodywork before?**
- * Have you had any form of bodywork before?**
- * Have you had any traumas associated with water?**
- * Are you prone to motion sickness?**
- * Are you sensitive to getting water in your ears?**
- * Is there any part of your body that is sensitive to having pressure applied, or being stretched?**
- * Have you had any injuries or surgery? Are you taking any medications?**
- * Any questions/ comments?**

Alternative Aquatics Evaluation (Practitioner)

Date of session . Session number

Name of provider . Name of receiver

.....

Pre-session comments ...

Session observations ...

Post-session comments (in pool) ...

Post-session comments (during refreshment-taking/rest time)...

Personal notes/connections of possible future value to record...

Alternative Aquatics Experience Questionnaire - after 3+ sessions (Client)

Client details (name, date, no. of sessions)

- ❁ How did you learn about Alternative Aquatics?
- ❁ Had you received aquatic bodywork before; if so, what form was this?
- ❁ What attracted/ encouraged you to try a session?
- ❁ Did you have any initial concerns or fears?
- ❁ How many sessions have you had?
- ❁ Did you have any concerns during or after the sessions?

❁ How would you describe your first experience?

- physically relaxing
- physically energizing
- emotionally calming
- emotionally releasing
- trance/dream-like
- spiritual
- other

❁ Was there any personal change/ benefit that you could ascribe to your sessions?

- physical
- emotional
- spiritual
- other

❁ Has this altered with further sessions?

❁ For how long did you experience the effects of the sessions?

❁ Would you say that this work could have a positive influence on any of the following?

- health**
- relationships**
- creativity**
- spirituality**
- other**

(say more to right if you like)

❁ Describe your sessions in more detail here if you like (this might also take the form of a poem/artwork)

and/or

❁ Say how you would describe a session to someone who has not experienced one

Alternative Aquatics Experience Questionnaire - after 15+ sessions (Client)

- ❁ What do you think would be the ideal frequency for taking sessions and why?
- ❁ If you have not been able to do this, what has been the main limitation?
- ❁ Is the setting/ ambiance an important part of the experience?
- ❁ Please mention anything that has detracted from your experience...
- ❁ Give an example of an issue that has improved with or was positively affected by sessions. Provide as much detail as you can.

A physical issue . An emotional issue

A mental issue . A spiritual issue

- ❁ Did you have any challenging experiences in any of the above aspects?

❁ Would you find (have you found) the following helpful before your experience:

- conscious setting of intention to work with a current issue**
- more time to unwind physically or otherwise**

❁ Would you find any of the following helpful after your experience:

- quiet time to meditate**
- quiet time to journal**
- guided review with practitioner**

❁ Which of the following is true for you:

- each session is very different**
- sessions are generally similar**
- sessions seem fairly varied**

❁ Please rate the following for effectiveness on the scale 1 = not effective to 5 = very effective:

- Stretching movements**
- Massaging actions**
- Use of pressure points**
- Periods of stillness**
- Subtle energy work**
- Underwater movements**