

**Grace Bubeck, Body-mind therapist, Heart of Love Healing**

1533 Van Horne, Montréal, Québec, H2V 3G7, (450) 226-3251; (514) 962-3251 (messages only)

[www.heartoftransformation.org](http://www.heartoftransformation.org) graceb@distributel.net

**Heart of Love Healing Research Project  
Closing questionnaire**

Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

*Please answer this questionnaire within 4-7 days after the last session. Before you begin to answer the questions, take a minute to breathe and make contact with yourself and your body.*

1. How do you FEEL about the process that you have gone through during the weeks of the heart of Love healing sessions and after?

2. ) If they were particularly helpful at a certain level, please give some more details (but see also questions below).

0 = no change    1 – 2 = somewhat helpful    3 – 5 = helpful    6 – 8 = very helpful    9 -10 extremely helpful

0    1    2    3    4    5    6    7    8    9    10    (please give a number for each level)

Physically, in your body: \_\_\_\_\_

In terms of your overall energy level: \_\_\_\_\_

Emotionally: \_\_\_\_\_

Mentally (beliefs etc): \_\_\_\_\_

Spiritually: \_\_\_\_\_

3. Was there anything about these sessions, or in the sessions, that didn't feel good or helpful to you?

4. Overall, please list the 3 aspects/elements/parts of the sessions that were the MOST helpful to you:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

5. Overall, please list the 3 aspects/elements/parts of the sessions that were the LEAST helpful to you:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

6. What, if any, would you describe as highlights or real AHA moments during the process?

7. Were there any significant shifts that you felt happening in you during the course of the process?

8. Overall, how beneficial was this process for you with regards to *deepening your awareness of yourself?*

0    1    2    3    4    5    6    7    8    9    10

Explain/discuss:

9. Overall, how beneficial was this process for you with regards to *bringing healing to areas of wounding in your life?*

0    1    2    3    4    5    6    7    8    9    10

Explain/discuss:

10. Overall, how beneficial was this process for you with regards to *supporting you on your own personal journey?*

0    1    2    3    4    5    6    7    8    9    10

Explain/discuss:

11. Would you recommend heart of Love healing to others – or would you rather recommend other ways that I work to them?

12. Would it serve you to continue the process begun during this research project?
  
  
  
  
  
  
  
  
  
  
13. How would you describe the process of filling out the questionnaire between the sessions? Did this help you in your process (e.g. integrating the work that was done, deepening, new insights, etc)?
  
  
  
  
  
  
  
  
  
  
14. How do you feel about the name 'heart of Love healing'?
  
  
  
  
  
  
  
  
  
  
15. Do you feel that the sessions were an expression of a loving intention and energy?  
  
If so, how do you feel about that in comparison to other kinds of therapy or work that you have experienced (with me or other therapists)?
  
  
  
  
  
  
  
  
  
  
16. Do you have any suggestions or constructive feedback with regards to how to improve on the process you undertook during this research project (or any other aspect)?
  
  
  
  
  
  
  
  
  
  
17. Is there anything else you would like to share with me in regards to this research project or otherwise?

Thank you for participating and taking the time to respond to my many questions – I hope that doing so has been at the very least interesting, and hopefully helpful and worth it for you!