

## **Questions to help me better understand your therapeutic needs**

1. Do you have a referral or recommendation?
2. Have you had any experience in counselling before?
3. If so, with whom? How would you describe your experience?
4. Why have you chosen to see a Clinical Psychologist? Seek My Services?
5. What specific issues have brought you to therapy now?

6. For how long have these issues been significant for you?

7. Have you sought any previous treatment for these issues? Where?

8. What factors may have influenced the development of these issues?

Past Factors?

Present Factors ?

Future Concerns ?

9. What would you like to get out of your therapy?

10. Are you looking to make any specific changes?

11. Is there any other information that would help me better understand you?

