

Introduction

Explained and completed service agreement, confidentiality and mandatory reporting obligations.

Previous Counselling Experience

Previous Experience with Services

How did they find out about the service?

Online

Initial Session Intake

Reasons for Engaging in Therapy

Expectations for Therapy

Duration These Challenges/Behaviours Have Been Occurring For

Triggers to Identified Challenges/Behaviours

Supports For Challenges/Behaviours

Prior Attempts to Resolve Challenges/Behaviours

IP's Identified Barriers, Difficulties and Challenges

Family Composition & Support Network

Family Composition

Support Network

Are there any significant friendships, interpersonal relationships, support network?

Community & Recreational Activities

Use of community organizations or resources (e.g., as client, member, volunteer)?
Hobbies/leisure involvement.

Religious and Spiritual Involvement

General Wellbeing

Access to Basic Needs

How is client functioning with respect to basic life necessities-food, housing, employment?

Educational Background

School history and current status. This could include:

Highest level of education.

Degree/s earned.

Special school/educational talents, challenges, goals.

Access to Assistance or Entitlements

Health, Wellbeing & Medical Background

General Medical History and/or Current Diagnosis's

Is medication required?

Psychological Health

History of mental health/psychiatric problems, prescription medication, addictions, coping mechanisms (e.g., alcohol and other drug use). Possible links to trauma

Further Required Information

Legal

Legal Concerns

Strengths, Interest & Coping Skills

Existing Strengths, Interest & Coping Skills Identified

How does IP cope? What are his/her strengths and problem-solving capacities? What are his/her limitations to deal with the current problem/s?

Therapeutic Goals

IP's Expected Therapy Outcomes/Therapeutic Goals

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