

## Client Details

Full Name: \_\_\_\_\_ Preferred name: \_\_\_\_\_

Gender: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Ethnicity/ies: \_\_\_\_\_

Hm Ph: \_\_\_\_\_ Mobile: \_\_\_\_\_

Preferred Email: \_\_\_\_\_

Home Address: \_\_\_\_\_

Name of GP: \_\_\_\_\_ Medical Practice: \_\_\_\_\_

*(This information is optional)*

In a few words, what is it that brings you to counselling? \_\_\_\_\_

\_\_\_\_\_

Are there any communication issues I should be aware of?

E.g. Hearing impairment, speech impairment, English as a second language

\_\_\_\_\_

\_\_\_\_\_

Is there anything I can do to make you feel more comfortable (culturally? physically?) (Some people like to start with a prayer/karakia, or want to make sure I understand certain things about their background.)

\_\_\_\_\_

\_\_\_\_\_

The rest of these questions are to help me understand your life and concerns a little better. Sometimes in counselling, "old stuff" gets opened up- while it doesn't happen for everyone, sometimes the process of looking at this stuff can make things more difficult for a while, so it is helpful for me to have some awareness of these things.

You don't have to answer these now, we could fill these in together in a first session.

Have you been to counselling before? How was it? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

	Strengths	Concerns
How I'm feeling about myself, how I generally feel about myself	<i>e.g. I know I'm a hard worker</i>	<i>e.g. I'm find myself worrying all the time.</i>
Physical wellbeing (Any health conditions, medication etc.)		
Family/Friends/Partner	<i>e.g. I have some good friends</i>	
What gives me meaning? Spirituality?		

Work/Education	<i>e.g. I'm hoping to work as a ...</i>	

Do you or any one close to you have concerns about the wellbeing of any children in your life? Y / N

Do you or any one close to you have concerns about the way you take alcohol or drugs? Y / N

Have you ever struggled with thoughts of suicide or intentionally hurt yourself?

Is anyone in your life concerned about your safety?

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If you were feeling really overwhelmed or low- where might you get some support? Do you feel able to ask for this support?

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Are there past historical events, that knowing about would help me understand you better? (We don't have to talk about these now.)

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How hopeful do you feel about counselling helping? \_\_\_\_\_

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Anything else you'd like me to know right now?

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