

Ref no: _____

Parents Consultation Form Part 2 Counselling

1. How would you describe your current situation? What problems are you experiencing? What are your main concerns?			
2. How serious are these matters for you at this time?			
1	2	3	4
very serious	serious	Not too serious	Not at all serious
3. How long have these been problems?			
_____0-3 months	_____4 months to a year	_____more than a year	

4. What do you think originally caused these problems?

5. What other things are currently making it hard to deal with the problems?

6. What have you already tried in order to deal with the problems?

7. Why do you think these things didn't work?

8. What have others advised you to do?

9. What do you think would help solve the problems? What type of help do you want? What changes are you hoping for?

10. How hopeful are you about solving the problems?

1	2	3	4
very hopeful	somewhat	not too	not at all hopeful

If you're not hopeful, why not?

11. What else should we know so that we can help?

12. Are there any other matters you want to discuss?

Feedback before 4:Thought intervention

On a scale of 1 – 10 with 10 being the most positive, please answer the following questions by circling where you see yourself on the scale.

A) I can understand the difficulties I have been experiencing.

1 2 3 4 5 6 7 8 9 10

Any comments:

B) I can communicate my thoughts and feelings.

1 2 3 4 5 6 7 8 9 10

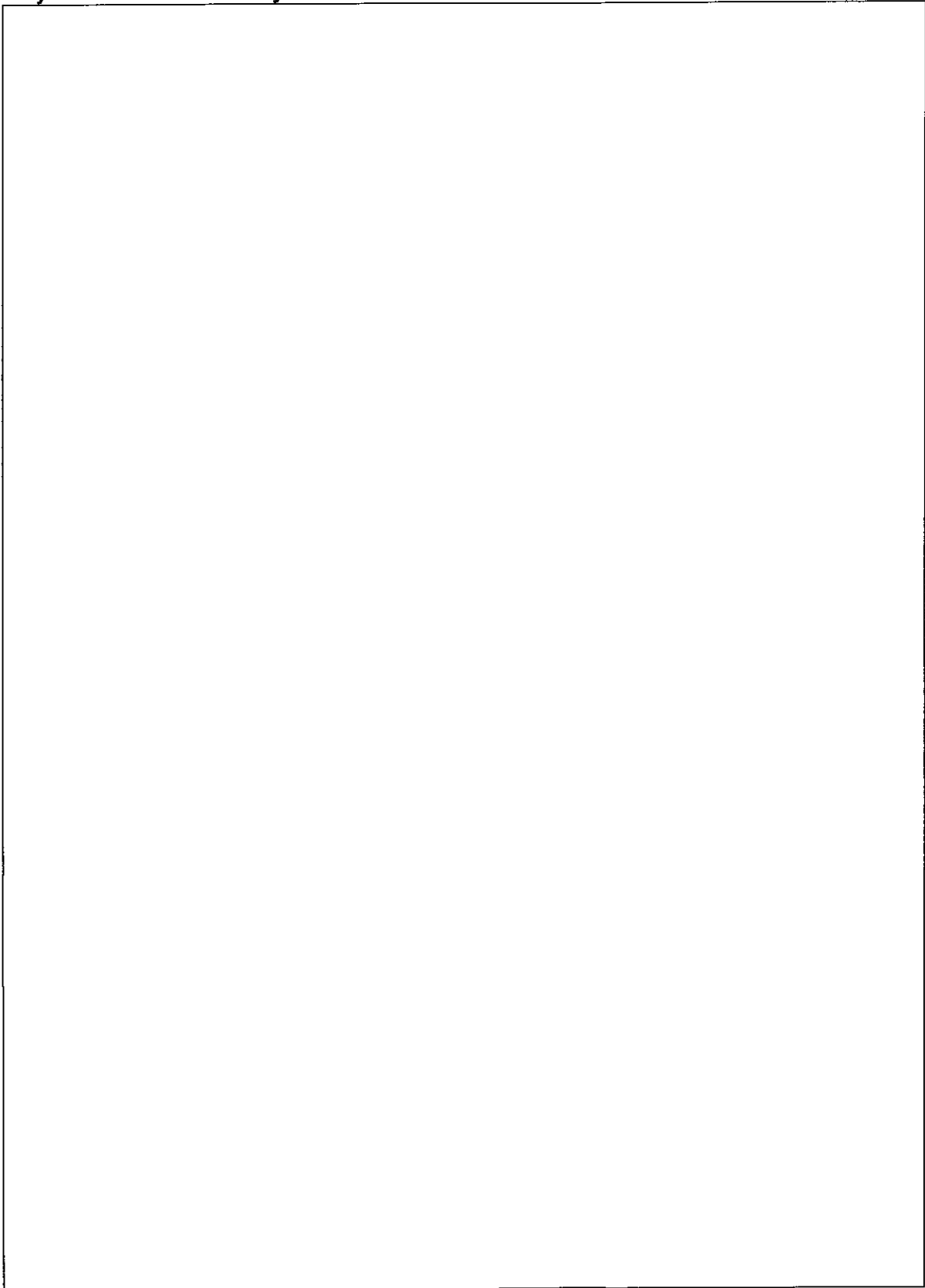
Any comments:

C) I feel I can cope with daily life.

1 2 3 4 5 6 7 8 9 10

Any comments:

Any further comments you would like to make:

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Feedback following 4:Thought intervention

On a scale of 1 – 10 with 10 being the most positive, please answer the following questions by circling where you see yourself on the scale.

D) I can better understand the difficulties I have been experiencing.

1 2 3 4 5 6 7 8 9 10

Any comments:

E) I can better communicate my thoughts and feelings.

1 2 3 4 5 6 7 8 9 10

Any comments:

F) I feel I can now cope better with daily life.

1 2 3 4 5 6 7 8 9 10

Any comments:

Any further comments you would like to make:

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