Introduction To Psychodynamic Counselling
Assessment Questionnaire Exercise

This is a guide to help you with ideas and questions to ask your colleague. You do not have to rigidly follow it. Please respect each other’s privacy with confidentiality. Do not say anything you do not want to say. Listen to how the person responds to the questions in terms of mood, clarity, & emotion. Only general feedback will be requested.

Presenting Problem:
What do you feel it is? How does it affect your life? How long has it been going on for? How do you feel about it? Do you have any ideas about it? Does it run in your family? How do you cope with it? How have other members of your family coped with it?

Do you have any experience of previous counselling? If so with who and for how long? What was the presenting problem? How did it end? Was it a good or bad experience? Why How did it help?

Family Structure and History
How old are your parents? What do they do? What sort of relationship do you have with them? When did you last see or speak to them? What is your parents’ relationship like? What sort of environment did they create? Do you have any siblings? How old are they? What do they do? What sort of relationship do you have with them? When did you last see or speak to them? How does everyone get along with each other? What was the parental style? How did you all communicate? Allocated Roles? Family Rules? Belief systems? Relationships with extended family? Significant family events? Economic context Mental/Physical Illnesses? Violence Abuse? Mental /Physical / Financial?

Personal History : Early Development: 0yr to 5yrs
LIFE: 5yrs to 10yrs
LIFE: Further Education
Experience of, quality of relationships, achievements and disappointments?

Employment History
Is there a pattern, quality, and nature of relationships with colleagues / bosses, achievements / disappointments and difficulties? Authority?

Significant Relationships?
Significant friendships?

Present Social Circumstances
Degree of isolation, integration, support structure, finances, accommodation, interests, social activities?

Medication
Substance Abuse: Alcohol, Drugs, Food
Self-Harm/Suicide Risk
Thoughts, attempts How Why When Outcome

Anger
Triggers, patterns, control/lack of control lack of assertiveness
Observations on Clients’ manner/behaviour
Ability to articulate, to link, to have insight, degree of rapport, capacity for thinking, orientation to reality, ability to manage anxiety, response to trial interpretations, body language?

Previous Psychiatric History
Where When Diagnosis Who were you referred by Do you have any experience of previous counselling/therapy If so with who and for how long What was the presenting problem How did it end
Was it a good or bad experience Why How Did it help?

Experiences in Institutional Settings
In Care In Residential Accommodation In Prison Where When Who were you referred by
If so with who and for how long Was it a good or bad experience Why How Did it help?

How has your colleague responded / felt about the exercise? Ask them and discuss!

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