

## What I want out of therapy or consultation

Along with Biographical Information, this form will give you and Myron a better understanding of what you would like from your therapy or consultation. These matters can be discussed in detail at the first meeting.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### What I want out of therapy or consultation:

Please check all that apply.

- I am not sure. That seems part of my concern.
- I want to solve a very specific problem I am having. I do not believe I need to discuss all the areas of my life.
- I want to take a look at a number of different parts of my life and see how they are connected.
- I want to be in charge of my therapy. I want my therapist to help me with the goals I already have in mind.
- I want my therapist to listen a lot. I have a lot of things to get off my chest.
- I want my therapist to educate me about some things and to develop a program I can follow in order to have a better life.
- I want my therapy to be very focused and brief. With some help from my counselor, I am ready to make decisions and take action.
- I would like to commit myself to a longer course of therapy because I believe some things may take awhile.
- I think I may have a mental illness. I want to be diagnosed.
- I do not believe I have a mental illness. I prefer that I not be diagnosed.
- I do not know whether I have a mental illness or not. I would like to find out more about this.
- I would like to explore my past.
- I would like to focus on personal growth and development.
- My concerns are mostly about myself. I want to learn more about my own psychology.
- My concerns have to do with other people. I want to learn more about the psychology of others.
- I am having trouble being myself and fitting in at the same time. I want to learn more about human interaction in groups (like family, friends, work, and society).
- Therapy is my own idea.
- Someone else thinks I should get counseling but I disagree or am unsure about it. I want to find out whether I really need counseling.
- Someone else thinks I would benefit from counseling, and I am open to this idea.

## What I want out of therapy or consultation

- Other. (please use the space below and remember that this form is designed to just give us a start - we will discuss these matters in detail when we meet).

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