

## Gill Jones Counselling – Before We Begin

The questions here are to help me understand you better  
expand to fit your answers

the boxes will

Name and date of birth	
Country of residence	
Mobile phone <i>(for emergency text messages)</i>	
Email address	
Skype name <i>(for live sessions)</i>	
Previous counselling experiences	
Medical details and current medication	
Educational achievements that are important to you	
Hobbies	
Work <i>(if appropriate)</i>	
Brief family history as a child	
Brief family situation now	

The following questions should be answered without too much thought. They will help me understand how you might respond to online counselling. Please delete the words that do not, in general, apply to you and/or add more appropriate words.

How would you describe yourself as a person?	confident; cautious; determined; dogmatic; empathic; fun-loving; impulsive; peaceful; relaxed; thoughtful; sympathetic; sensitive; well-grounded
How would you describe your working style?	conscientious; easy-going; flexible; hard-working; laid back; relationship-oriented; task-oriented
How would you describe your ability to handle your personal, emotional or health issues?	mostly OK; well; very well; sometimes vulnerable; other <i>(please specify)</i>

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How often do you use the internet to collect emails or retrieve information?	more than once a day; once a day; 3-4 times/week; once a week; less frequently than once a week.
What are you seeking to change in yourself through counselling?	
Why are you seeking help now?	
How would you describe your support system?	non existent; poor; adequate; pretty good; fluctuates; excellent
If we work together what are you looking for from me?	encouragement; support; challenge; information; other ( <i>please specify</i> )

Thank you for answering these questions, your answers will help me to offer you the best counselling I can. Please save and return your completed form to me as an email file attachment.

Gill Jones