

PREFERENCES

When people enter therapy, they do so at different stages and need different things from their therapist. It is possible for any therapist to be flexible in the way they work with you. In order to know which ways might be most helpful for you, it is important that I have some idea what your preferences are at this time and what your expectations might be.

Please use this checklist to help us get started.

WHAT PREFERENCES DO YOU HAVE?

At the beginning, I would feel most comfortable with a doctor who is

Cool & a bit distant Neutral & open-minded Warm & directly supportive

At the beginning, I want my doctor to be

Quiet & listening Actively discussing Teaching or suggesting Other _____

The atmosphere I would like to start with would be Formal Relaxed Informal

There are some things I don't like. I want to make sure my doctor

Doesn't ask too many questions. Isn't pushy. Doesn't go too fast.

Doesn't give suggestions. Other _____

What is your stage?

I don't feel good, but I'm not sure what the problem is.

I know what is causing my discomfort, but I don't know what I want to do.

I know what I want to do, but I'm not ready to do it yet.

I'm ready to do something about my problem & would like some support or ideas.

Other _____

What are you dealing with?

Something that can be solved now. Something that will always be a problem for me to manage.

Something that will change in time. I'm not really sure. Other _____

How long do you think it might take to be of real help to you? With only EAP visits?

One to four visits. One to 6 months. More than 6 months. A year or more. Two years+.

Please check off any basic strengths you may have.

Capacity for: honesty bravery gratitude team work leadership other _____

hope flexibility kindness curiosity perseverance forgiveness

love spirituality humility prudence appreciating beauty

Love of: learning creativity other _____

Sense of: fairness humor perspective other _____

Good: judgment self-regulation social intelligence other _____