

Individual Therapy

Intake Questionnaire

The questions below help to give me an idea about your challenges and expectations from therapy. Feel free to only answer what you feel comfortable with. We will talk through these in more detail in your first session. Please send the completed questionnaire to yesim@resileo.net 48 hours prior to your intake session.

Name:

Date:

Email:

Mobile #:

What are the main problems you are facing?

What do you think may have caused or contributed to these problems?

What have you tried so far in an attempt to solve these?

What made you decide that NOW is the right time for therapy?

How do you think therapy will help you deal with the problems you're experiencing?

Below is a standardized questionnaire that assess your current level of well-being. In addition to your answers above, it gives us a sense of how you are doing right now. I may ask you to complete it again during our work together to track your progress.

WHO (Five) Well-Being Index (1998 version)

Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks. Notice that higher numbers mean better well-being.

Example: If you have felt cheerful and in good spirits more than half of the time during the last two weeks, put a tick in the box with the number 3 in the upper right corner.

	<i>Over the last two weeks</i>	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
1	I have felt cheerful and in good spirits	5	4	3	2	1	0
2	I have felt calm and relaxed	5	4	3	2	1	0
3	I have felt active and vigorous	5	4	3	2	1	0
4	I woke up feeling fresh and rested	5	4	3	2	1	0
5	My daily life has been filled with things that interest me	5	4	3	2	1	0

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