

Name _____

Phone _____

Date _____

1. What are you struggling with today?

2. What steps have you taken to resolve this matter on your own?

3. What are your expectations as to the outcome of this meeting?

PERSONAL DATA INVENTORY

IDENTIFICATION DATA:

Name _____ Phone _____
 Address _____
 Occupation _____ Business Phone _____
 Sex _____ Birth Date _____/_____/_____ Age _____
 Marital Status: Single _____ Engaged _____ Married _____ Separated _____ Divorced _____ Widowed _____
 Education (last year completed) _____ (grade) Other training (list type and years) _____
 Referred here by _____ Address _____

RELIGIOUS BACKGROUND:

Denominational Preference: _____ Member _____
 Church attendance in a month (circle): 0 1 2 3 4 5 6 7 8 9 10+
 Church attended in childhood _____ Baptized? Yes _____ No _____
 Religious background of spouse (if married) _____
 Do you consider yourself a religious person? Yes _____ No _____
 Do you believe in God? Yes _____ No _____
 Do you pray to God? Never _____ Occasionally _____ Often _____
 Are you saved? Yes _____ No _____ Not sure what you mean _____
 How frequently do you read the Bible? Never _____ Occasionally _____ Often _____
 Do you have regular family devotions? Yes _____ No _____
 Explain recent changes in your religious life, if any _____

MARRIAGE AND FAMILY INFORMATION:

Name of spouse _____ Address _____
 Phone _____ Occupation _____ Business Phone _____
 Your spouse's age _____ Education (in years) _____ Religion _____
 Is your spouse willing to come for counseling? Yes _____ No _____ Uncertain _____
 Have you ever been separated? Yes _____ No _____ When? From _____ to _____
 Has either of you ever filed for divorce? Yes _____ No _____ When? _____
 Date of marriage _____ Your ages when married: Husband _____ Wife _____
 How long did you know your spouse before marriage? _____
 Length of steady dating with spouse _____ Length of engagement _____
 Give brief information about any previous marriages: _____

Information about children:

P.M.*	Name	Age	Sex	Living? Yes/No	Education In years	Marital Status
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

*Check this column if child is by previous marriage.

If you were reared by anyone other than your own parents, briefly explain: _____

How many older brothers do you have? _____ Older sisters? _____
 How many younger brothers do you have? _____ Younger sisters? _____
 Have there been any deaths in the family during the last year? Yes _____ No _____
 Who and when? _____

HEALTH INFORMATION:

Rate your health (check): Very Good _____ Good _____ Average _____ Declining _____ Other _____

Weight changes recently: Lost _____ Gained _____

List all important present or past illnesses or injuries or handicaps: _____

Date of last medical examination _____

Report: _____

_____ Your physician

Address _____

Are You Presently taking medication? Yes _____ No _____ What? _____

Have you used drugs for purposes other than medical? Yes _____ No _____ What? _____

Have you ever had a severe emotional upset? Yes _____ No _____ Explain: _____

Have you ever felt people were watching you? Yes _____ No _____

Are you sometimes unable to judge distance? Yes _____ No _____

Have you ever had hallucinations? Yes _____ No _____

Is your hearing exceptionally good? Yes _____ No _____

Do you have problems sleeping? Yes _____ No _____

How many hours of sleep do you average each night? _____

PERSONALITY INFORMATION:

Have you ever been arrested? Yes _____ No _____ State Circumstances _____

Have you ever had any psychotherapy or counseling before? Yes _____ No _____

If yes, list counselor(s) and date(s): _____

What was the outcome? _____

Circle any of the following words that best describes you now:

nervous	hardworking	impatient	impulsive	active	ambitious	self-confident	persistent
calm	serious	easy-going	shy	moody	often-blue	excitable	imaginative
leader	quiet	hard-boiled	submissive	good-natured	introvert	extravert	likeable
Other _____				self-conscious	lonely	sensitive	

HOW TO GET THE MOST OUT OF YOUR COUNSELING

The counseling you have begun is Christian Counseling. Your counselor is a Christian, committed to God and His Word. Your counselor has had training in the Scriptures and its application to life. He will not counsel from the systems of men, but from the Word of God. At times he will apply the broader principles of the Scriptures concretely to your specific situation. This will not only help you with your present problems, but leave you with Biblical guidelines for the rest of your life.

We believe that ones' relationship to God is the most important and most significant relationship in all life. Unless you have a relationship with God, nothing else in life can be altogether right. You can have that relationship by trusting in Jesus Christ as your Savior. Depend on Jesus as the One who died on the cross in your place and bore the wrath of God, taking on the guilt for your sins. Apart from Christ, one does not know how to rightly live in this world, and does not have the power that Jesus Christ provides, through His Spirit, to make the changes He requires of us. If you are uncertain about your relationship to Jesus Christ, your counselor will be glad to talk with you about it.

Because we want to teach what the Scriptures say, we want you to understand thoroughly what brought about the problems you are facing, and how the Scriptures applied to your circumstances. We do not want you to get stuck in the habit of running back to us for help for the same difficulty, but rather, we want to encourage you to run to Jesus and to clearly understand what you can do to avoid such difficulties. If you should fail in the future, God's loving arms are open and He desires you to get up, return to Him and move forward. If you find you are unable to resolve your problem(s) on your own, you are welcome to seek our counsel again.

The Scriptures were given to teach us how God can help us relate properly to Himself and to our neighbors. The Scriptures command us to love God with our whole heart, mind, soul, and strength, and to love our neighbors as ourselves. They also tell us of the salvation in Christ by which such love becomes realized. The Bible contains the answers to all human problems, and that is why they are the foundation of each of our counseling session.

Having said that, we strongly urge you take time every day to read a portion of the Scriptures. Read with your spouse, your children, or whoever else may be involved in the problem with you. It is also important to spend time reading the Scriptures alone, however reading the Bible with another is often helpful because more discussion may develop, helping you better apply what you have read to your everyday life.

Your counselor will take notes on each session to keep track of progress. Counseling, under most circumstances, should take no longer than a few weeks. If your counselor does not see some positive changes, (not necessarily dramatic, but genuine) in that time, he may review past counseling sessions to assess how he can correct the matter. In the event that counseling is unsuccessful, we find that in most cases one party or both parties are failing in some respect.

Now let us briefly consider how to deal with difficulties that may arise between counseling sessions. If at any given point you do not know what to do, follow these directions:

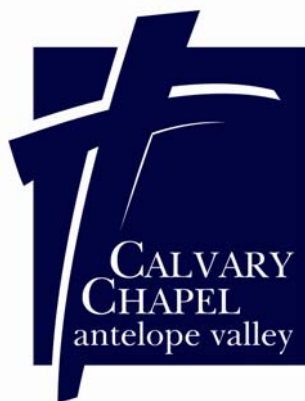
1. Do not panic.
2. Do not immediately call the counselor, unless it is an emergency.
3. Seek God by praying and reading His Word.
4. Write down what the problems is, specifically.
5. Write down what you have done about it.
6. Write down what the outcome was.
7. Write down what led to that outcome.

If your counselor assigns homework and you fail to complete it for any reason, do your best to do what you can, then, write down (step by step) what happened. Bring your notes to your next counseling session.

Only in real emergencies should you call us for help in between counseling sessions. Taking the time to pray, read the Bible, and journal may help bring clarity. Even “sleeping on it” may help you sort things out. You can always discuss it thoroughly with your counselor at your next session.

In most cases, future appointments should be made with the secretary at the end of each session. Please be courteous toward others who may be waiting for an appointment by notifying the secretary promptly to make any changes to your appointment, and by being punctual. Discipline is a key principle to overcoming your problems, so it must start with being on time. Please notify us if you are running late. Failure to do so may result in cancelation of your appointment. Your appointment will be rescheduled by you.

If you have any homework assigned, please take time and make the effort to do it well. We believe that one important factor that will help make a difference in your counseling is daily applying what you learn from each counseling sessions. Counseling is not magic that takes place in one hour, one day a week. What you chose to do during the rest of the week is where changes must take place. Your one hour counseling session is only the prelude and an aid to change. Successful changes can only come from following the Word of God faithfully. May God bless you.



ACKNOWLEDGEMENT

I acknowledge that I have read “How to Get the Most Out of Your counseling.” and that I understand it completely. I realize that my counselors at Calvary Chapel Antelope Valley are not professional psychiatrists or psychologists and that their counsel is based on God’s Word alone. I also recognize that I am solely responsible for my actions. I, therefore, agree that I will not hold Calvary Chapel Antelope Valley, its staff, or my counselor responsible or liable for anything whatsoever connected with the counsel I am to receive.

Signature _____ Date _____