**Single Session Chairwork (SSC) Intake Form**

This intake form is an opportunity for your and your therapist to prepare for your single session. Please complete and return it to [info@chairwork.co.uk](mailto:info@chairwork.co.uk) within seven days of your appointment.

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| Name: |

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| Gender: |

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| Date of birth: |

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| Address: |

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| GP Surgery: |

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| Profession: |

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| Email Address: |

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| Telephone Number: |

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| Preferred method contact: EMAIL / TELEPHONE |

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| Have you ever participated in a single session intervention before? YES / NO |

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| What is the one problem or concern that you would like to focus on in your single session?  [*PLEASE SUMMARISE*] |

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| How does this issue affect you?  [*PLEASE SUMMARISE*] |

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| How does this issue affect other people in your life?  [*PLEASE SUMMARISE*] |

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| What is important for me to know about the background of this problem?  [*PLEASE SUMMARISE*] |

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| How have you attempted to address this issue in the past? What has and has not helped?  [*PLEASE SUMMARISE*] |

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| If the session could help you take one step towards addressing this issue, what would you want that to be?  [*PLEASE SUMMARISE*] |

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| If the session was successful in achieving the above, what would have changed?  [*PLEASE SUMMARISE*] |

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| What strengths or personal resources can you bring to addressing this issue? *(If you’re unsure, think about what the people who know you really well would say in response to this question about you).*  [*PLEASE SUMMARISE*] |

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| Is there anything else you would feel is important to share before your appointment? *E.g. about your background, culture, ethnicity, sexual orientation, gender identity, mental health, physical health, or other?*  [*PLEASE SUMMARISE*] |

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| Have you ever participated in chairwork or role-play before? YES / NO |

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| Is there a particular dialogue you feel would be helpful? E.g. With a particular person, part of yourself, or something else?  [*PLEASE SUMMARISE*] |

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| Have you read the Single Session Chairwork Information Sheet? YES / NO |

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| Have you read and signed the Terms and Conditions form? YES / NO |