

## **Single Session Therapy: Pre Session Questionnaire.**

1. What is the one problem or concern that seems most important for you to focus on right now?
2. How does the problem affect:  
  
    You?  
  
    Other important people in your life?
3. How long has the problem been there?
4. What have you tried that has helped with this problem?
5. What have you tried that has not helped or made the problem worse?
6. What would you like to get out of our session?
7. What is important for me to know about the background to the problem?
8. What personal strengths do you have that will help you to deal with the problem?
9. What would other people say in answer to the above question?
10. In order that our session is as helpful as possible, is there anything else that you think it is important for me to know?