



Robert Goulard Counselling Service

Website: www.RobertGoulard.com

E-Mail : rob@robertgoulard.com

Phone: (519) 965-0841

Have you ever been in counselling before? If yes, briefly explain what type of therapy you received and your experience with the counsellor. Also include any concerns you may have had with experience.

What is the main situation or concern that brings you to seek counselling presently?

How does this problem affect your functioning? Is it creating difficulties for you in other areas of your life, such as at home, work or school?

Has this problem affected your energy level and/or your ability to focus on work or daily activities? Please explain.

What, if anything, have you already tried in order to improve your situation? What has been the result of these efforts (positive or otherwise).

Do you have any goals in life or things you feel you wish to accomplish? If so, what are they?

Can you identify any blocks or barriers in your life that could be preventing you from reaching these goals?

Is there anything else you would like me to know about you before our first counselling session?

How did you hear about Robert Goulard Counselling service?

Do you know anyone who has received counselling through Robert Goulard Counselling Service?