

Trauma Counselling Interview Summary Counsellor.....

1	JOIN		
<i>BIOGRAPHICAL INFORMATION</i>			
NAME			
TODAY'S DATE		TIME	
ADDRESS			
TELEPHONE NO.			
CONTACT PERSON - DETAILS			
DATE OF BIRTH			
<i>CLIENT DESCRIPTION</i>			
Appearance			
Thoughts			
Feelings			
Behaviour			
Needs			
SPOUSE/PARTNER: relevant information			
CHILDREN/SIGNIFICANT OTHERS: relevant information			
Drawing (if applicable)			
2	FACTS		
<i>TYPE TRAUMA</i> : Tick type: simple/once-off; repeat; multiple; continuous; routine; secondary victimization			
WHAT HAPPENED FROM VICTIM'S POINT OF VIEW			
Worst moment			
Possible consequences			
Attempted solutions			
3	RELEASE FEELINGS		
COMMENTS			

4	DEFINE PROBLEM/CHALLENGE	
Practical steps and when		
Possible advantages		
Relevant past experience		
5	STABILIZE EMOTIONS	
COMMENTS		
6	ACTION PLAN	
IMMEDIATE GOALS		ACTIONS/RESOURCES
OTHER GOALS		
7	ACTIVATE RESOURCES (e.g. referrals)	
COMMENTS		
8	FOLLOW-UP	
<i>ARRANGEMENTS WITH VICTIM AND/OR RELEVANT OTHER(S)</i>		
Victim/significant others		
Professionals, Police		
Community services		
In-between session tasks		

Notes _____
