

Session planning

Preparation for your follow-up consultation

It can be helpful to take some time to reflect on what was discussed at your most recent consultation and to consider what the most useful one or two "take-home messages" were for you. This can also help you think about what you want to work on at your next appointment.

To help you do this we have listed some questions below for you to answer. There is no need to answer the questions in detail; *a few dot points will be the most helpful way to approach this task*. Remember, this is not trying to replace a consultation; you will have time to explore all relevant issues in more detail at your next appointment.

Please note that we do not expect you to complete these questions. Please do so only if you want, you are able to find the time, and you believe it will be helpful. Choosing not to do so will not in any way detract from your next consultation.

If you do want to complete this task, don't feel obliged to work through each question. Answer those you see as relevant, or as many as you feel able to. If answering the questions makes you feel upset, please stop immediately.

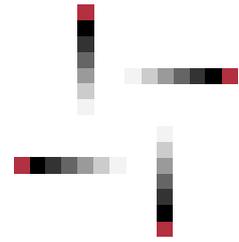
Your psychologist will review this material with you as part of your next consultation. It will provide a foundation for you and the psychologist to work together to build on and extend what you have found useful in your consultations so far.

Important note

If your issue is about a serious mental health problem and you are feeling *at risk of self harm*, or are having *thoughts of hurting others*, and this is *an immediate risk*, ***please make contact with someone appropriate right now***, rather than filling in this form and waiting for an appointment. Please contact your doctor immediately, go to the emergency section of the closest major hospital, or contact the 24-hour emergency crisis line on 13 1465. Similarly if your issue is about something that places you at *immediate serious risk* from someone or something else, such as domestic violence, or a drug problem, please contact the police, or the appropriate crisis service. (You will find telephone numbers for these services in the white pages "Health & Help" section, or telephone directory assistance and ask for a number.)

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1. List one or two key things you took from the last consultation that were helpful for you. What made these helpful?
2. Did anything from the last consultation not make sense to you, or make you feel concerned? Are you able to explain why? (If yes, please do so.)
3. Are there any matters from the last consultation you would like to discuss further at your next appointment? Please explain why.
4. What would you like to achieve in your *next* consultation with the psychologist? (This question is asking you what would have to happen during this consultation for you to feel your attendance had been worthwhile.)
5. Is there anything else you would like the psychologist to know so that he or she can help you address the matter/s you have raised?