Pre-Family Therapy Form

Practical Requirements

1. Do I have all the necessary information required from the referral? Does anything need to be clarified or followed up prior to the family attending the first session (either from the family or referring agency/person)?

2. Who will be invited to the first session (what might I need to consider when I make the first phone call to orient all the family/significant members to attend)?

3. Have I considered the therapy room’s structural factors, for example layout (seating) and activities for younger children present?

Therapeutic Considerations

1. What is my understanding of the presenting concern/s? What might be contributing to the development and maintenance of these difficulties?

2. What are my ‘working hypotheses’ (hunches)? What contributes to my understanding of the client and the family in developing these hypothesis/hypotheses? Develop a systemic framework

3. What questions might I ask to help test out these hypotheses?

4. What is my working plan for the initial and future sessions (how will I communicate these to the family - e.g. the need to get everyone’s input/point of view; identification of immediate and future needs; personal resources; who can be recruited for support within and outside the family?)

5. Are there any other administrative issues to consider?