

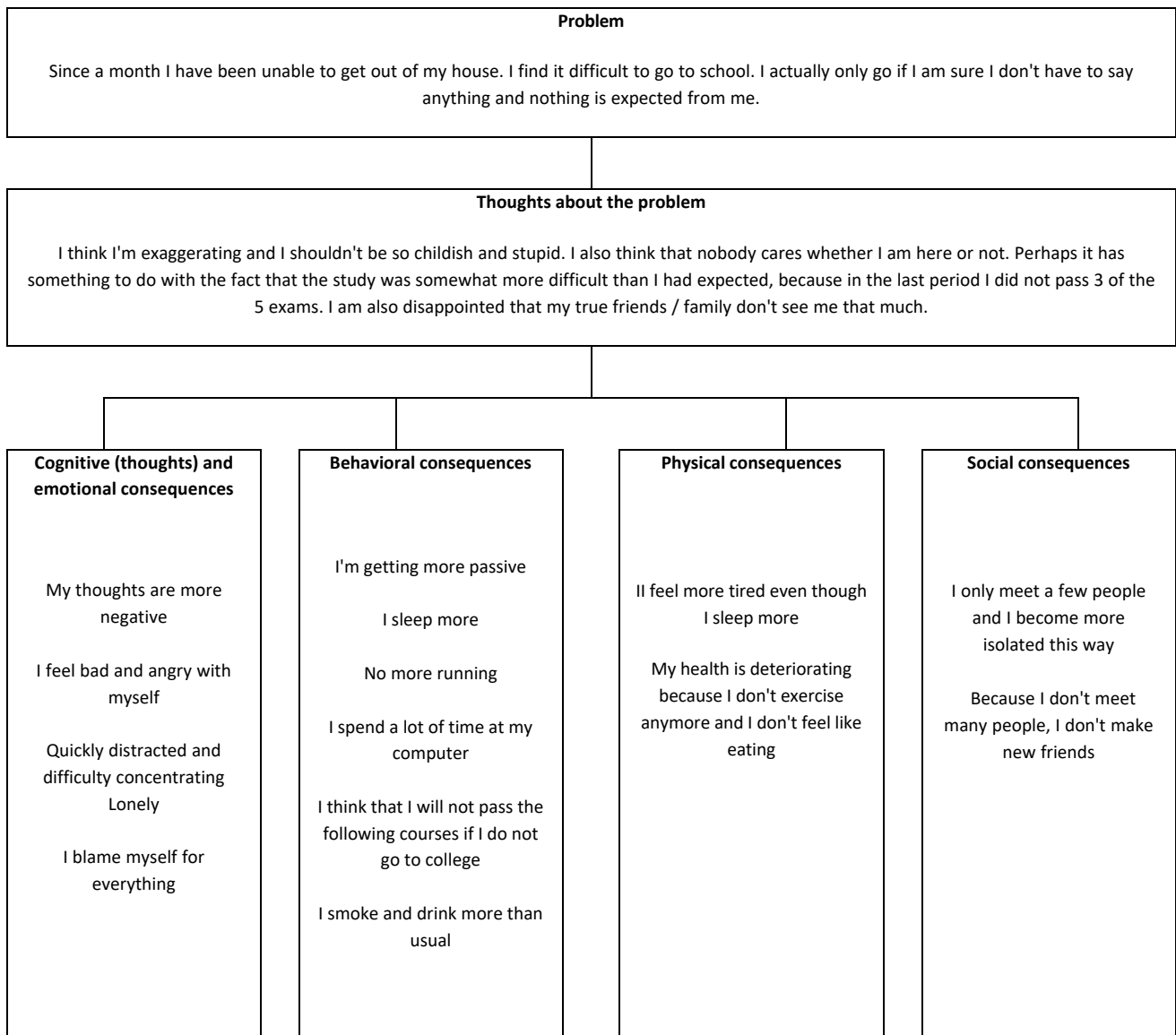
The intake interview with the psychologist usually takes 30-45 minutes. The purpose of the conversation is to find out what is going on and, if possible, what the causes and consequences are. It is useful to prepare for this conversation by putting your thoughts on paper.

You can use the model below to prepare. Try to complete it using the questions below. It does not matter if some questions overlap or if it is difficult to determine in which area your answer fits. Write it down however you think it best fits you. We can discuss your doubts during the intake interview.

Preparatory questions:

- What is the problem that you would like to discuss?
- What do you think is going on with you, and where does it come from?
- What are the effects of the problem on your thinking, feeling (physical and emotional), and behavior (study and social)?
- Since when do you have this problem?

Example:



You can use this empty model for the problem that you want to discuss with the psychologist.

