

**Vorpahl Psychology Associates, LLC**  
**258 Main Street, Suite 7**  
**Medfield, MA 02052**  
**Tel:508-242-9666**  
**Fax:815-572-8941**  
**vpa-psychologist.com**

## **PSYCHOTHERAPY AGREEMENT**

Welcome to Vorpahl Psychology Associates (VPA). This document (the Agreement) contains important information about our professional services and business policies. It also contains summary information about the Health Insurance Portability and Accountability Act (HIPAA), a federal law that provides new privacy protections and new patient rights with regard to the use and disclosure of your Protected Health Information (PHI) used for the purpose of treatment, payment, and health care operations. HIPAA requires that VPA provides you with a Notice of Privacy Practices (the Notice) for use and disclosure of PHI for treatment, payment and health care operations. The Notice, which is attached to this Agreement, explains HIPAA and its application to your personal health information in greater detail, and our practice is in general accordance with HIPAA policies. The law requires that VPA obtains your signature acknowledging that we have provided you with this information prior to commencement of treatment.

Although these documents are long and sometimes complex, it is very important that you read them carefully before our next session. We can discuss any questions you have about the procedures at that time. When you sign this document, it will also represent an agreement between us. You may revoke this Agreement in writing at any time. That revocation will be binding unless VPA has taken action in reliance on it or if you have not satisfied any financial obligations you have incurred.

### **PSYCHOLOGICAL SERVICES**

Therapy is a relationship between people that works in part because of the clearly defined rights and responsibilities held by each person. This frame helps to create the safety to take risks and the support to become empowered to create change. As a client in psychotherapy, you have certain rights and responsibilities that are important for you to know about. There are also legal limitations to those rights that you should be aware of. VPA, as your therapist, has corresponding responsibilities to you. These respective rights are described in the following section.

Psychotherapy has both benefits and risks. Risks sometimes include experiencing uncomfortable feelings, such as sadness, guilt, anxiety, anger, frustration, loneliness and helplessness. Psychotherapy often requires discussing unpleasant aspects of your life. However, psychotherapy has been shown to have benefits for individuals who undertake it. Therapy often leads to a significant reduction in feelings of distress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, increased skills for managing stress, and resolutions to specific problems. But, there are no guarantees about what will happen. Psychotherapy requires a very active effort on

your part. In order to be most successful, you will have to work on things that we discuss outside of sessions.

The first few sessions will involve a comprehensive evaluation of your needs. By the end of the evaluation, VPA will be able to offer you some initial impressions of what our work may include. At that point, we will discuss your treatment goals and create a personalized, initial treatment plan, if you decide to continue. You should evaluate this information as well as your own assessment about whether you feel comfortable working with us. Therapy involves a large commitment of time, money, and energy, so you should be very careful about the therapist you select. If you have questions about our procedures, we should discuss them whenever they arise.

### **APPOINTMENTS**

VPA normally conduct an evaluation that will last from 2 to 4 sessions. During this time, we can both decide if VPA can provide the services you need in order to meet your treatment goals. Once psychotherapy begins, VPA will usually schedule one 45-minute session (one appointment hour of 45 minutes duration) per week at a time we agree on, although some sessions may be longer or more frequent.

### **CANCELLATION**

Psychological services are most effective when meeting times are regular and consistent. The time scheduled for your appointment is assigned to you and you alone. **If you need to cancel or reschedule a session, it is required that you provide more than 24 hours notice. If you miss a session without canceling, or cancel with less than 24 hours notice, you must pay \$165 for the missed session.** It is important to note that insurance companies do not provide reimbursement for canceled sessions. In addition, you are responsible for coming to your session on time and at the time scheduled. If you are late, your appointment will still need to end on time.

### **FEES, BILLING, AND PAYMENT**

Psychotherapy sessions are 45 minutes and billed at \$200 per session (initial sessions are \$250). Session fees or insurance co-pays are payable at time of service unless alternative arrangements have been made. Fees may be reevaluated periodically. **You will be responsible for paying the entire fee if your insurance fails to authorize units of service or if no units of service are available to you. Moreover, legal fees (\$250 per hour of service provided) are not billable to insurance companies and will be charged to the patient directly (eg. court evaluations, court appearances).** Should a balance accrue and no payment is received, VPA reserves the right to seek remuneration by any means legally possible including, but not limited to, the retention of a collection agency.

### **INSURANCE**

VPA accepts payments directly from insurance companies for whom we are participating providers (check with provider in regards to your insurance plan).

**PROFESSIONAL RECORDS**

VPA is required to keep appropriate records of the psychological services provided to you. Although psychotherapy often includes discussions of sensitive and private information, normally very brief records are kept noting that you have been here, what was done in session, and a mention of the topics discussed. You have the right to a copy of your file at any time. You have the right to request that a copy of your file be made available to any other health care provider at your written request. Your records are maintained in a secure location in the office.

**CONTACTING VPA**

VPA clinicians are often not immediately available by telephone. While VPA clinicians are usually in the office during normal business hours, they do not answer the phone when they are with a client. If you need to reach any of us between sessions, or in an emergency, you have the right to a timely response. You may leave a message on VPA confidential voicemail. Each VPA clinician indicates days and times they are in the office on their voicemail. An emergency number will be provided on the voicemail. VPA clinicians check their voicemail for messages for the last time at 5:00 PM.

**OTHER RIGHTS**

If you are unhappy with what is happening in therapy, VPA hopes you'll talk with us so that we can respond to your concerns. Such criticism will be taken seriously and with care and respect. You may also request that VPA refers you to another therapist and you are free to end therapy at any time.

You have the right to considerate, safe, and respectful care, without discrimination as to race, ethnicity, color, gender, sexual orientation, age, religion, national origin, or source of payment. You have the right to ask questions about any aspect of the therapy and about your VPA clinician's specific training and experience.

**CONSENT TO PSYCHOTHERAPY**

**Your signature below indicates that you have read this Psychotherapy Agreement and agree to its terms.**

Name (print) \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date of Birth \_\_\_\_\_

When patient is a minor, or is unable to give consent, the signature of a parent, guardian, or other representative is required.

Signature of Representative \_\_\_\_\_ Date \_\_\_\_\_

Name (print) \_\_\_\_\_ Relationship to Patient \_\_\_\_\_

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## NOTICE OF PRIVACY POLICIES TO PROTECT THE PRIVACY OF YOUR HEALTH INFORMATION

REVISED 9/16/2013

**This notice describes how psychological and medical information about you may be used and disclosed and how you can get access to this information.**

**Please read it carefully!**

### I. Uses and Disclosures for Treatment, Payment and Health Care Operations

We may use or disclose your protected health information (**PHI**), for treatment, payment, and health care operations purposes with your consent. To help clarify these terms, here are some definitions:

- “PHI” refers to information in your chart that could identify you.
- “Treatment, Payment and Health Care Operations”

**Treatment** is when we provide, coordinate or manage your health care and other services related to your health care. An example of treatment would be when we consult with another health care provider, such as your PCP or another therapist.

**Payment** is when we obtain reimbursement for your healthcare. Examples of payment are when we disclose your PHI to your health insurer to obtain reimbursement for your health care or to determine eligibility or coverage.

**Health Care Operations** are activities that relate to the performance and operation of our practice. Examples of health care operations are quality assessment and improvement activities, business-related matters, such as audits and administrative services, and case management and case coordination.

**Use** applies to activities within our practice, such as sharing, employing, applying, utilizing, examining, and analyzing information that identifies you.

**Disclosure** applies to activities outside of our practice, such as releasing, transferring, or providing access to information about you to other parties.

## II. Uses and Disclosures Requiring Authorization

We may use or disclose PHI for purposes outside of treatment, payment and health care operations when your appropriate authorization is obtained. An “*authorization*” is written permission above and beyond the general consent that permits only specific disclosures. In those instances when we are asked for information for purposes outside of treatment, payment and health care operations, we will obtain an authorization from you before releasing this information. We will also need to obtain an authorization before releasing your psychotherapy notes. “*Psychotherapy notes*” are notes we have made about our conversation during a private, group, joint, or family counseling session, which we have kept separate from the rest of your chart. These notes are given a greater degree of protection than PHI. It is VPA’s policy not to keep separate psychotherapy notes. All documentation we keep is a part of your clinical chart.

We will also obtain an authorization from you before using or disclosing PHI in a way that has not been described in this notice.

We will not use your PHI for marketing or sales purposes under any conditions.

## III. Uses and Disclosures with Neither Consent nor Authorization

We may use or disclose PHI without your consent or authorization in the following circumstances:

- **Child Abuse:** If any of the clinicians at VPA, in their professional capacity, have reasonable cause to believe that a minor child is suffering physical or emotional injury resulting from abuse inflicted upon him or her which causes harm or substantial risk or harm to the child’s health or welfare (including sexual abuse), or from neglect, including malnutrition, they must immediately report such a condition to the Massachusetts Department of Children and Families.
- **Adult and Domestic Abuse:** If any of the clinicians at VPA have reasonable cause to believe that an elderly person (age 60 or older) is suffering or has died as a result of abuse, they must immediately make a report to the Massachusetts Department of Elder Affairs.
- **Health Oversight:** The Board of Registration that applies to our particular license to practice has the power, when necessary, to subpoena relevant records should we be the focus of an inquiry.
- **Judicial or Administrative Proceedings:** If you are involved in a court proceeding and a request is made for information about your diagnosis and treatment and the records thereof, such information is privileged under state law and we will not release information without written authorization from you or your legally-appointed representative, or a court order. The privilege does not apply when you are being evaluated for a third party or where the court evaluation is court ordered. You will be informed in this case.
- **Serious Threat to Health or Safety:** If you communicate to any of the clinicians at VPA an explicit threat to kill or inflict serious bodily injury upon an identified person and you have the apparent intent and ability to carry out the threat, they must take reasonable precautions. Reasonable precautions may include warning the potential victim, notifying law enforcement, or arranging for your hospitalization. They must also do so if they know you to have a history of physical violence and they believe there is a clear and present danger that you will attempt to kill or inflict bodily injury upon an identified person.

Furthermore, if you present a clear and present danger to yourself and refuse to accept further appropriate treatment and they have a reasonable basis to believe that you can be committed to a hospital, they must seek said commitment and may contact members of your family or other individuals if it would assist in protecting you.

- **Workers Compensation:** If you file a worker's compensation claim, your records relevant to that claim will not be confidential to entities such as your employer, the insurer and the Division or Worker's Compensation.

When the use and disclosure without your consent or authorization is allowed under sections of Section 164.512 of the Privacy Rule and the state's confidentiality law, this includes certain narrowly defined disclosures to law enforcement agencies, to a health oversight agency (such as HHS or a state department of health), to a coroner or medical examiner, for public health purposes relating to disease or FDA-regulated products, or for specialized government functions such as fitness for military duties, eligibility for VA benefits, and national security and intelligence.

#### IV. Patient's Rights and Mental Health Clinician's Duties

##### Patient's Rights:

- **Right to Request Restrictions:** You have the right to request restrictions on certain uses and disclosures of protected health information about you. However, we are not required to agree to a restriction you request.
- **Right to Receive Confidential Communications by Alternative Means and Alternative Locations:** You have the right to request and receive confidential communications of PHI by alternative means and at alternative locations. (For example, you may not want a family member to know that you are seeing us. Upon your request, we will send your bills to another address). This request must be made in writing.
- **Right to Inspect and Copy:** You have the right to inspect or obtain a copy (or both) of PHI in our mental health and billing records used to make decisions about you for as long as the PHI is maintained in the record. We may deny your access to PHI under certain circumstances, but in some cases, you may have the decision reviewed. On your written request, we will discuss with you the details of the amendment process.
- **Right to Amend:** You have the right to request an amendment of PHI for as long as the PHI is maintained in the record. We may deny your request. On your written request, we will discuss with you the details of the amendment process.
- **Right to an Accounting:** You generally have the right to receive an accounting of disclosures of PHI for which you have neither provided consent nor authorization (as described in Section III of this Notice). On your written request, we will discuss with you the details of the accounting process.
- **Right to a Paper Copy:** You have the right to obtain a paper copy of the notice from us upon written request, even if you have agreed to receive the notice electronically.

- **Right to Restrict Disclosures When You Have Paid for Your Care Out-of-Pocket:** You have the right to restrict certain disclosures of PHI to a health plan when you pay out-of-pocket or in full for our services.
- **Right to Be Notified if There is a Breach of Your Unsecured PHI:** You have a right to be notified if: (a) there is a breach (a use or disclosure of your PHI in violation of the HIPAA Privacy Rule) involving your PHI; (b) that PHI has not been encrypted to government standards; and (c) my risk assessment fails to determine that there is a low probability that your PHI has been compromised.

Mental Health Clinician's Duties:

- We are required by law to maintain the privacy of PHI and to provide you with a notice of my legal duties and privacy practices with respect to PHI.
- We reserve the right to change the privacy policies and practices described in the notice. Unless we notify you of such changes, however, we are required to abide by the terms currently in effect. If we revise our policies and procedures, we will notify current clients and post the new policies in the waiting area.

V. Complaints

If you are concerned that we have violated your privacy rights, or you disagree with a decision we made about access to your records, you may contact our Privacy Officer: Kai Vorpahl at 508.333.4300. You may also send a written complaint to the Secretary of the U.S. Department of Health and Human Services. The person listed above can provide you with the appropriate address upon request.

VI. Effective Date and Changes to Privacy Policy

This notice will go into effect September 23, 2013. We reserve the right to change the terms of this notice and to make the new notice provisions effective for all PHI that we maintain. We will notify current clients of changes in person or by mail and closed client cases can, if interested, call and ask if our policies have changed and obtain a copy by mail or view one in our waiting area.

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**Tel:508-242-9666**  
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**Acknowledgement of Receipt of Privacy Notice and  
Vorpahl Psychology Associates Policies and Procedures**

Federal law requires that all patients be given a copy of the privacy notice. The Privacy Notice describes in detail how patient health information is used and shared with others. All reasonable efforts will be made to protect the privacy of patient health information, whether it is maintained on paper or electronically, and regardless of how it is communicated, for example by e-mail or facsimile mail.

I have been given a copy of the Privacy Notice.

Name (print) \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date of Birth \_\_\_\_\_

When patient is a minor, or is unable to give consent, the signature of a parent, guardian, or other representative is required.

Signature of Representative \_\_\_\_\_ Date \_\_\_\_\_

Name (print) \_\_\_\_\_ Relationship to Patient \_\_\_\_\_

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**CONSENT TO USE AND DISCLOSE YOUR HEALTH INFORMATION**

**SIGNATURE PAGE**

This form is an agreement between you \_\_\_\_\_ and Vorpahl Psychology Associates, LLC. When we use the word “you” below it will mean your child, relative, or other person if you have written his name here.

When we examine, diagnose, treat, or refer you we will be collecting what the law calls Protected Health Information (PHI) about you. We need to use this information here to decide on what treatment is best for you and to provide treatment to you. We may also share this information with others who provide treatment to you or need it to arrange payment for your treatment or for other business or government functions.

By signing this form you are agreeing that you have read and understand our Notice of Privacy Policies and you are agreeing to let us use your information here and send it to others in accordance with our written policies. Please make sure you have read and understand our Privacy Policies above before signing this Consent form.

**If you do not sign this consent form agreeing to what is in our Notice of Privacy Policies, we cannot treat you.**

In the future we may change how we use and share your information and so may change our Notice of Privacy Policies. If we do change it, you can get a copy from our website: [www.vpa-psychologist.com](http://www.vpa-psychologist.com), or by calling us at 508.498.9667, or from our privacy officer, Kai Vorpahl.

If you are concerned about some of your information, you have the right to ask us not to use or share some of your information for treatment, payment, or administrative purposes. You will have to tell us what you want in writing. Although we will try to respect your wishes, we are not required to agree to these limitations. However, if we do agree, we promise to comply with your wish.

After you have signed this consent, you have the right to revoke it (by writing a letter telling us you no longer consent) and we will comply with your wishes about using or sharing your information from that time on but we may already have used or shared some of your information and cannot change that.

\_\_\_\_\_  
Signature of client or personal representative

\_\_\_\_\_  
Printed name of client or personal representative

\_\_\_\_\_  
Date of Signature

\_\_\_\_\_  
Date NPP received by client or representative

Jacqueline M Vorpahl, PhD  
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## Request/Authorization for Release of Confidential Records and/or Information

This form allows your clinician to communicate with other key professionals. I hereby authorize:

Name/Facility: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email Address: \_\_\_\_\_

To **obtain/release** (circle one or both) the records/information about:

If you circle obtain, VPA can receive information about the patient named below. If you circle release, then VPA can release information to the person named above. If you circle both, then both parties can release and discuss information about the patient named below.

**Patient Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

To the provider, \_\_\_\_\_, at Vorpahl Psychology Associates for the purpose(s) of:

\_\_\_\_\_ Further mental health evaluation, treatment, or care

\_\_\_\_\_ Treatment Planning and coordination of care

\_\_\_\_\_ Education planning

\_\_\_\_\_ Other: \_\_\_\_\_

Information should be sent to the postal address/fax/email/phone number in the letterhead at the top of this form

I have had it explained to me and fully understand that this request/authorization to release records and information, including the entire nature of the records, their content, and the consequences and implications of their release. This request is entirely voluntary on my part. I understand that I may rescind this consent at any time within 90 days, except to the extent that action based on this consent has already been taken.

\_\_\_\_\_  
Signature of patient/parent/guardian/representative

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed name of signatory above/Relationship to patient

**Vorpahl Psychology Associates, LLC**  
**Vpa-psychologist.com**  
**508-242-9666**  
**Initial Adult Evaluation Questionnaire**

Today's Date:

Name:

Date of Birth:

Age:

Home phone number:

Cell phone number:

Email:

Emergency Contact Person:

Name:

Cell phone number:

Relationship to you:

Address:

How did you learn about or get referred to VPA?

**I. Presenting Problems**

Please describe the key problems for which you are currently seeking treatment, and when they began. Please feel free to note situations that are difficult for you, as well as problematic stressors, moods, thoughts, and behaviors. Are there any other environmental factors that contribute to your difficulties (e.g., financial difficulties, illness)?

## II. Background Information

Marital Status:

- Single     Married     Partnered     Other \_\_\_\_\_  
 Separated     Divorced     Widowed

Gender Identity: I experience myself as:

- Male     Female     Transgender     Other \_\_\_\_\_

Sexual Identity: I am sexually/romantically attracted to:

- Men     Women     Both, Men and Women     Other \_\_\_\_\_

Ethnically, racially and culturally, I identify as

Does religion play an important role in your life? Please describe.

Describe your living situation:

- Alone     Apartment  
 Roommate(s)     House  
 Spouse/Partner     College/School  
 Children  
 Pets

Who are the most emotionally supportive people in your life?

How would you describe your friendship network? Do you have friends you feel close to? Do they live locally?

What are typical things you do for pleasure or enjoyment, and how often?

Please describe your personal strengths:

Briefly describe your family growing up?

Please note immediate family members (spouse/partner, children, siblings, parents, in laws,etc.) using the categories below:

Name:                      Relationship to you:                      Age:                      Where do they live?

### **III. Professional History**

What is your current employment or educational status (working full-time, part-time, at home with children, in college, etc.)?

Name of employer or school (if applicable):

Are you content with your work performance? Please explain.

### **IV. Medical History**

Primary Care Physician's Name:

Address:

Phone :

Do you wish to have your primary care physician contacted or involved in your mental health treatment?

YES       See Release Form and Complete      NO

Please list any nonpsychiatric medications you are currently taking using the categories below:

Nonpsychiatric: Medication                      Dosage                      Reason for taking the medication (e.g., blood pressure)

Please describe your current physical health:  
Including exercise, diet, sleep, self care habits.

Please describe any significant current medical problems you are being treated for:

Please describe any significant past medical problems and treatments (e.g., surgeries):

#### IV. Mental Health History

Prescriber's Name:

Address:

Phone :

Do you wish to have your prescriber contacted or involved in your mental health treatment?

YES  See Release Form and Complete      NO

Please list any psychiatric medications you are currently taking using the categories below:

Psychiatric Medication      Dosage      Reason for taking the medication (e.g., antidepressant)

Which psychiatric medications have you been on in the past?

Please describe your past experiences in outpatient treatment using the categories below:

Therapist or counselor      Dates of treatment      Approx.      Type of treatment      Reasons for  
(start – end dates)      # of sessions      (individual, etc.)      seeking treatment

Please describe your past experiences in inpatient or day hospital programs:

Facility/program      Dates of treatment      Type of program      Reasons for  
(start – end dates)      seeking treatment

Does anyone in your family struggle with mental illness? If so, please describe.

Were you sexually, physically or mentally abused at any point in your life?

Have you had any other significant life changing events or traumas that have effected you either positively or negatively?

## **VII. Substance Use and Addictive Behaviors**

Have you ever felt you should cut down on your drinking/drug use (including prescription drugs)?

Have people annoyed you by criticizing your drinking/drug use (including prescription drugs)?

Have you ever felt bad or guilty about your drinking/drug use (including prescription drugs)?

Have you ever had a drink/drug (including prescription drugs) first thing in the morning to steady your nerves or to get rid of a hangover?

Do you struggle with other addictive behaviors such as using tobacco, gambling, pornography, food, etc.?

## **V. History of Suicidal Feelings**

Many people think about suicide on occasion. Have you had times in life where you had thoughts about suicide? If so, please briefly describe when, what seemed to be triggering the thoughts, and whether you made a suicide attempt or a suicidal gesture.

Do you engage in any self harming behaviors?

Have you had any thoughts of hurting others? Have you ever physically hurt another person?

## **VI. Other Symptoms**

Below is a list behaviors and issues that are cause for concern to some adults. Please place an “✖” or a “✓” next to any and all items that you think might apply to you. At the end of the list there is space to enter any additional issues or concerns that you might have.

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Aggression/violence                       | <input type="checkbox"/> Marijuana  | <input type="checkbox"/> Smoking   |
| <input type="checkbox"/> Physical abuse                            | <input type="checkbox"/> Cocaine  | <input type="checkbox"/> Inappropriate/uncomfortable sexual thoughts/urges   |
| <input type="checkbox"/> Sexual abuse                              | <input type="checkbox"/> Prescription drugs   | <input type="checkbox"/> Cruelty/neglect of pets                             |
| <input type="checkbox"/> Domestic violence                         | <input type="checkbox"/> Other illicit substances                                     | <input type="checkbox"/> Issues from childhood                               |
| <input type="checkbox"/> Anxiety/panic                             | <input type="checkbox"/> Restlessness/fidgety   | <input type="checkbox"/> Codependency (partner's substance abuse)            |
| <input type="checkbox"/> Sexual dysfunction                        | <input type="checkbox"/> Negativity   | <input type="checkbox"/> Confusion   |
| <input type="checkbox"/> Parenting issues                          | <input type="checkbox"/> Difficulty forgiving   | <input type="checkbox"/> Feeling spacey/detached from one's surroundings     |
| <input type="checkbox"/> Suicidal thoughts/gestures                | <input type="checkbox"/> Nightmares   | <input type="checkbox"/> Crying spells                                       |
| <input type="checkbox"/> Marital problems                          | <input type="checkbox"/> Unemployment   | <input type="checkbox"/> Adultery/infidelity                                 |
| <input type="checkbox"/> Relationship problems                     | <input type="checkbox"/> Feeling tired/fatigued                                       | <input type="checkbox"/> Feeling empty/dissatisfied                          |
| <input type="checkbox"/> Difficulty at work                        | <input type="checkbox"/> Hopelessness   | <input type="checkbox"/> Feeling like a failure                              |
| <input type="checkbox"/> Financial problems                        | <input type="checkbox"/> Easily distracted  | <input type="checkbox"/> Body image  |
| <input type="checkbox"/> Career-related problems                   | <input type="checkbox"/> Anger  | <input type="checkbox"/> Gambling  |
| <input type="checkbox"/> Homicidal thoughts/gestures               | <input type="checkbox"/> Self-injury (cutting, burning, scratching, pulling out hair) | <input type="checkbox"/> Phobias (germs, heights, confined places, etc.)     |
| <input type="checkbox"/> Sadness/depression                        | <input type="checkbox"/> Hyperactivity  | <input type="checkbox"/> Loss/grief due to death                             |
| <input type="checkbox"/> Loss of appetite                          | <input type="checkbox"/> Guilt  | <input type="checkbox"/> Impulsiveness                                       |
| <input type="checkbox"/> Sleep difficulty                          | <input type="checkbox"/> Obsessive thoughts/fears                                     | <input type="checkbox"/> Compulsive behaviors (hand-washing, checking, etc.) |
| <input type="checkbox"/> Attention/concentration                   | <input type="checkbox"/> Chronic headache   | <input type="checkbox"/> Housework/home maintenance                          |
| <input type="checkbox"/> Overeating                                | <input type="checkbox"/> Difficulty making decisions                                  | <input type="checkbox"/> Feelings of inferiority                             |
| <input type="checkbox"/> Weight gain/loss                          | <input type="checkbox"/> Poor judgment  | <input type="checkbox"/> Trouble taking responsibility                       |
| <input type="checkbox"/> Eating disorder                           | <input type="checkbox"/> Overly concerned about what other people think               | <input type="checkbox"/> Menstrual problems, PMS, menopause                  |
| <input type="checkbox"/> Excessive worry                           | <input type="checkbox"/> Irritability   | <input type="checkbox"/> Lack of motivation                                  |
| <input type="checkbox"/> Difficulty trusting others                | <input type="checkbox"/> Trouble with authority                                       | <input type="checkbox"/> Children with special needs                         |
| <input type="checkbox"/> Low self-esteem                           | <input type="checkbox"/> Legal problems/court involvement                             | <input type="checkbox"/> Perfectionism                                       |
| <input type="checkbox"/> Physical pain/discomfort                  | <input type="checkbox"/> Separation/divorce   | <input type="checkbox"/> Religion/spirituality                               |
| <input type="checkbox"/> Medical issues                            | <input type="checkbox"/> Mood swings  | <input type="checkbox"/> Bad temper  |
| <input type="checkbox"/> Issues with elder parents                 | <input type="checkbox"/> Overly sensitive   | <input type="checkbox"/> Self-control  |
| <input type="checkbox"/> Lack of joy/satisfaction in life          | <input type="checkbox"/> Frequent conflicts with others                               | <input type="checkbox"/> Procrastination                                     |
| <input type="checkbox"/> Social withdrawal/isolation               | <input type="checkbox"/> Difficulty accepting/making changes                          | <input type="checkbox"/> Hallucinations                                      |
| <input type="checkbox"/> Stress                                    | <input type="checkbox"/> Risky/dangerous behavior                                     |  |
| <input type="checkbox"/> Loneliness                                | <input type="checkbox"/> Few friends  |  |
| <input type="checkbox"/> Feeling disorganized                      |   |  |
| <input type="checkbox"/> Problems with employer/co-worker/employee |   |  |
| <input type="checkbox"/> Alcohol                                   |   |  |

Please take a moment and review the issues or problems you have noted on this questionnaire. Which three items are you most concerned about. In other words, which three concerns would you most like to have addressed in your treatment?

- 1.
- 2.
- 3.

## V. History of Suicidal Feelings

Many people think about suicide on occasion. Have you had times in life where you had thoughts about suicide? If so, please briefly describe when, what seemed to be triggering the thoughts, and whether you made a suicide attempt or a suicidal gesture.

Do you engage in any self harming behaviors?

Have you had any thoughts of hurting others? Have you ever physically hurt another person?

**IX. Other Things I Should Know**

Please describe anything else that is important to know in understanding your life and your difficulties.

**Thank you for completing this Questionnaire. It will be very helpful in developing an organized and effective treatment plan.**

# Vorpahl Psychology Associates, LLC

## Gottman 17-AREAS SCALE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### How Are Things Changing, or Not Changing, In Your Marriage?

Please take the time to read each area we have outlined of your life together, and tell us if this area is fine or needs improvement. Put an X in the box that you think applies to your relationship right now. Then, at the end of each area, add comments, and, if things are fine, briefly tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you currently see to improving this area of your relationship. This information is completely confidential.

#### 1. Staying emotionally connected , or becoming emotionally distant

Check all the specific items below:

- Just simply talking to each other. Not a problem  A problem
- Staying emotionally in touch with each other. Not a problem  ,A problem
- Feeling taken for granted? Not a problem  , A problem
- Don't feel my spouse knows me very well right now. Not a problem  , A problem
- Spouse is (or I am) emotionally disengaged. Not a problem  , A problem
- Spending time together. Not a problem  , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

#### 2. Handling Job and other stresses effectively or experiencing the "spillover" of non-marital stresses

Check all the specific items below:

- Helping each other reduce daily stresses. Not a problem  , A problem
- Talking about these stresses together. Not a problem  , A problem
- Talking together about stress in a helpful manner. Not a problem  , A problem
- Spouse listening with understanding about my stresses and worries. Not a problem  , A problem
- Spouse takes job or other stresses out on me. Not a problem  , A problem
- Spouse takes job or other stresses out on the children or others in our life. Not a problem  , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives, If things are not fine, tell us the obstacles you see to improving this area of your relationship.

#### 3. Handling Issues or disagreements well , or gridlocking on one or more issues

Check all the specific items below:

- Differences have arisen between us that feel very basic. Not a problem  , A problem
- These differences seem unresolvable. Not a problem  A problem
- We are living day-to-day with hurts. Not a problem  , A problem

- Our positions are getting entrenched. Not a problem , A problem
- It looks like I will never get what I hope for. Not a problem , A problem
- I am very worried that these issues may damage our relationship. Not a problem , A problem
- 

Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

**4. The marriage is romantic and passionate  or It is becoming passionless; the fire is going out**

*Check all the specific items below:*

- My spouse has stopped being verbally affectionate. Not a problem , A problem
- My spouse expresses love or admiration less frequently. Not a problem , A problem
- We rarely touch each other. Not a problem , A problem
- My spouse (or I) have stopped feeling very romantic. Not a problem , A problem
- We rarely cuddle. Not a problem , A problem
- We have few tender or passionate moments. Not a problem , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives, If things are not fine, tell us the obstacles you see to improving this area of your relationship.

**5. Our sex life Is fine  or there are problems in this area**

*Check all the specific items below:*

- The frequency of sex. Not a problem , A problem
- The satisfaction I (or my spouse) get from sex. Not a problem , A problem
- Being able to talk about sexual problems. Not a problem , A problem
- The two of us wanting different things sexually. Not a problem , A problem
- Problems of desire. Not a problem , problem
- The amount of love in our lovemaking. Not a problem , A problem
- 

Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

**6. An Important event (like the birth of a child, job loss, changes in job or residence, an illness, the death of a loved one) has occurred in our lives . The marriage Is either dealing with this well  or it is not.**

*Check all the specific items below:*

- We have very different points of view on how to handle things. Not a problem , A problem
- This event has led my partner to be very distant. Not a problem , A problem

- This event has made us both irritable. Not a problem , A problem
- This event has led to a lot of fighting. Not a problem , A problem
- I'm worried about how this will all turn out. Not a problem , A problem
- We are now taking very different positions. Not a problem , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

**7. Major issues about children have arisen (this could be about whether or not to have a child).**

**The marriage is handling these well  or it is not.**

*Check all the specific items below:*

- We have very different points of view on goals for the children. Not a problem , A problem
- If We have different positions on what to discipline the children for. Not a problem , A problem
- We have different positions on how to discipline the children. Not a problem , A problem
- We have issues about how to be close to our children. Not a problem , A problem
- We are not talking about these issues very well. Not a problem , A problem
- There is a lot of tension or anger about these differences. Not a problem , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives, If things are not fine, tell us the obstacles you see to improving this area of your relationship.

**8. Major issues or events have arisen about In-laws, a relative or relatives. The marriage is handling these well  or it is not.**

*Check all the specific items below:*

- I feel unaccepted by my partner's family. Not a problem , A problem
- I sometimes wonder which family my spouse is in. Not a problem , A problem
- I feel unaccepted by my own family. Not a problem , A problem
- There is tension between us about what might happen. Not a problem , A problem
- This issue has generated a lot of irritability. Not a problem , A problem
- I am worried about how this is going to turn out. Not a problem , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship

**9. Being attracted to other people or jealousy is not an issue  or spouse is flirtatious there may be a recent extramarital affair.**

*Check all the specific items below:*

- This area is a source of a lot of hurt. Not a problem , A problem
- This is an area that creates insecurity. Not a problem , A problem

- I can't deal with the lies. Not a problem , A problem
- It is hard to reestablish trust. Not a problem , A problem
- There is a feeling of betrayal. Not a problem , A problem
- It's hard to know how to heal this. Not a problem , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship

**10. When disagreements arise, we resolve issues well  or unpleasant fights have occurred.**

*Check all the specific items below:*

- There are more fights now. Not a problem , A problem
- The fights seem to come out of nowhere. Not a problem , A problem
- Anger and irritability have crept into our marriage. Not a problem , A problem
- We get into muddles where we are hurting each other. Not a problem , A problem
- I don't feel very respected lately. Not a problem , A problem
- I feel criticized. Not a problem , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

**11. We are in synchrony on basic values and goals  or differences between us in these areas or in desired lifestyle are emerging.**

*Check all the specific items below:*

- Differences have arisen in life goals. Not a problem , A problem
- Differences have arisen about important beliefs. Not a problem , A problem
- Differences have arisen on leisure time interests. Not a problem , A problem
- We seem to be wanting different things out of life. Not a problem , A problem
- We are growing in different directions. Not a problem , A problem
- I don't much like who I am with my partner. Not a problem , problem

Comments, and if things are fine, tell us how you are managing this area of your lives, If things are not fine, tell us the obstacles you see to improving this area of your relationship.

**12. Very hard events (for example, violence, drugs, an affair) have occurred within the marriage. We are handling these well  or they seem to be hard for the marriage to deal with right now.**

*Check all the specific items below:*

- There has been physical violence between us. Not a problem , A problem
- There is a problem with alcohol or drugs. Not a problem , A problem
- This is turning into a marriage I hadn't bargained for. Not a problem , A problem
- Our marriage "contract" is changing. Not a problem , A problem
- I find some of what my partner wants upsetting or repulsive. Not a problem , A problem
- I am now feeling somewhat disappointed by this marriage. Not a problem , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

**13. We work well as a team  or we are not working very well as a team right now.**

*Check all the specific items below:*

- We used to share more in the family's workload. Not a problem , A problem
- We seem to be pulling in opposite directions. Not a problem , A problem
- Spouse does not share in housework or childcare. Not a problem , A problem
- Spouse is not carrying weight financially. Not a problem , A problem
- I feel alone managing this family. Not a problem , A problem
- Spouse is not being very considerate. Not a problem , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

**14. We are coping well with issues of power or influence  or we are having trouble in this area.**

*Check all the specific items below:*

- I don't feel influential in decisions we make. Not a problem , A problem
- Spouse has become more domineering. Not a problem , A problem
- I have become more demanding. Not a problem , A problem
- Spouse has become passive. Not a problem , A problem
- Spouse is "spacey," not a strong force in the marriage. Not a problem , A problem
- I am starting to care a lot more about who is running things. Not a problem , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

**15. We are handling issues of finances well  or we are having trouble In this area.**

*Check all the specific items below:*

- I, or my spouse, just don't bring in enough money. Not a problem , A problem
- We have differences about how to spend our money. Not a problem , A problem
- We are stressed about finances. Not a problem , A problem
- Spouse is financially more interested in self than us. Not a problem , A problem
- We are not united in managing our finances. Not a problem , A problem
- There is not enough financial planning. Not a problem , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

**16. We are doing well having fun together  or we are not having very much fun together these days.**

*Check all the specific items below:*

- We don't seem to have very much time for fun. Not a problem , A problem
- We try but don't seem to enjoy our times together very much. Not a problem , A problem
- We are too stressed for fun. Not a problem , A problem
- Work takes up all our time these days. Not a problem , A problem
- Our interests are so different now that there are no fun things we like to do together. Not a problem , A problem
- We plan fun things to do but they never happen. Not a problem , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives. If things are not fine, tell us the obstacles you see to improving this area of your relationship.

**17. We are feeling close in the area of spirituality  or we are not doing very well in that area these days.**

*Check all the specific items below:*

- Sharing the same beliefs. Not a problem , A problem
- Agreeing about religious ideas and values. Not a problem , A problem
- Issues about the specific church, mosque, synagogue, etc. Not a problem , A problem
- Communicating well about spiritual things. Not a problem , A problem
- Issues about spiritual growth and change. Not a problem , A problem
- Spiritual issues involving family or children. Not a problem , A problem

Comments, and if things are fine, tell us how you are managing this area of your lives, If things are not fine, tell us the obstacles you see to improving this area of your relationship.

In case we omitted something, or an important area, please make your comments here.