Preparing for a Professional Consultation

Purpose

Prepare for psychotherapy, legal advice, or specialized community support.

How to use this worksheet

1. Read the information and prompts at your own pace.
2. Respond only to what feels comfortable; you may skip any part.
3. Pause whenever you need to.

Reflection prompts

What are my main concerns?

What would I like help understanding?

What questions do I have about confidentiality?

Educational resource developed for Soteldo Psychotherapy Clinic. This worksheet is not a diagnostic instrument, formal risk assessment, legal opinion, or substitute for individualized professional advice.

Reflection prompts — continued

What services am I looking for?

What would I like a professional to know?

What questions do I have about referrals?

References

Concepts informed by:

Ontario Association for Family Mediation. (n.d.). HELP-M Toolkit: Identifying and responding to family violence and power imbalances in mediative approaches. https://www.oafm.on.ca/help-m-toolkit/

Department of Justice Canada. (n.d.). HELP Toolkit: Identifying and responding to family violence for family law legal advisers. https://justice.canada.ca/eng/fl-df/help-aide/overview-apercu.html

Reflection questions and worksheet layout are original clinic educational content.

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