Webcast Follow-Up from Tracey Ayers
Response to Question Regarding Assessment Posed During the Live Event

When a client comes into the office, a pre-test is given to assess how severe the symptoms are and if the client is at the appropriate level of care. You can use whatever kind of inventory you wish to. The questionnaire we use is the OQ-45.2 for adults and the Y-OQ for adolescents. (http://www.oqmeasures.com/site/). These same assessments are given at what we believe to be the end of treatment and we use the data as a point of feedback for the client.

In addition to getting quantitative data, we conduct a first session interview that includes the questions below. We are also listening for what stage of change the client is in (pre-contemplative, contemplative, etc.) and then match our feedback according to that stage of change. Essentially, we are assessing for customership matched with the severity of the problem they are describing. Then we make suggestions based on both of those variables and "contract" towards a goal.

For more information on conducting a first session assessment/interview, a good reference would be Insoo Kim Berg and Scott Miller's book:
Sample Intake Questions

1. What makes you think you need our services?

2. What do you expect to happen here that will be helpful to you?

3. What will convince you that you do not need to come here? How will you know when our services are no longer needed?

4. How many days per week does the problem occur?
   1  2  3  4  5  6  7

5. How many hours per day is the problem present?

6. Please place an X indicating the severity of the problem:
   1 . . . . . . . . . . 5 . . . . . . . . . . 10
   very mild         very severe

7. Who will be the first person to notice an improvement in the problem?

8. How do you explain when the problem does not occur?

9. What are you doing to keep things from getting worse?

10. What would tell you that things are getting a little better?