

DEVELOPMENTAL HISTORY QUESTIONNAIRE

This questionnaire is designed to help me get more information about your child and your family so that I can be most helpful to you. Please answer the questions to the best of your ability, but don't worry if you can't answer them all or if you don't know certain information.

Client Name _____ **Date of Birth:** _____

Parent(s) Name(s) _____

Current problem:

Describe the difficulties your child and/or family are currently facing and how long they have been going on:

History:

Date of child's birth _____ Place of birth _____

Was your child adopted? If so, please describe any notable circumstances regarding the adoption:

Were there any complications with your child's prenatal care, birth or early development? If so, describe:

How is your child's overall health? List any significant illnesses or surgeries.

How would you describe your child's personality and mood?

Medications:

Please list any medications that your child is currently taking.

Sleep:

How many hours of sleep does your child get per night? _____

Describe any difficulties with sleep:

Diet:

How would you describe your child's diet?

Does your child have problems with his or her weight?

Exercise:

Describe your child's participation in physical activities and any particular athletic interests.

Social:

How would you describe your child's friendships? Does your child have many friends? Close friends? How well does your child play with other children and siblings?

How does your child tend to spend his/her social time?

Home:

How would you describe the current atmosphere in your home?

Does any member of your family suffer from alcoholism, substance abuse, or anything that could be called a mental disorder? If so, how has this affected the rest of the family?

Academic:

What grade is your child currently in? _____

How would you describe his/her experience in school?

Is your child enrolled in special education classes? If so, please describe what kind of academic support your child receives.

Please put a check mark by any of the following behaviors that your child has experienced in the last 6 months:

	Increased/decreased appetite		Lack of energy/lethargy
	Isolates from others		Repetitive behaviors
	Loss of interest in activities		Peer problems
	Hyperactivity (can't sit still, fidgets)		Poor school attendance
	Can't complete homework		Hurts animals
	Crying spells		Nightmares
	Increased fears or worries		Flashbacks
	Sleep problems		Too much energy
	Short attention span		Trouble concentrating
	Increased anger		Sexual acting out
	Abuse of alcohol/drugs (teenagers)		Doesn't complete chores
	Doesn't follow rules		Racing thoughts
	Increased irritability		Mood swings
	Nervousness		Violent actions toward self or others
	Complaints of physical ailments		Change in weight
	Easily frustrated		Stealing
	Low self-esteem		Depressed mood
	Poor academic performance		Unusual/extreme euphoria
	Disruptive in the classroom		Recklessness/accident proneness
	Self-hate		Procrastination
	Sets fires		Hearing voices that others don't
	Seeing things that others don't		Seems disoriented

Please feel free to elaborate on any of the above behaviors (use back of sheet as needed):

In addition to possible symptoms, I am very interested in areas of strength that support your child’s progress. Please check any of the following areas of observed strengths in your child:

Wisdom and Knowledge	
	Creativity: Thinking of novel ideas, can include artistic production but not limited to it
	Curiosity: Exploring and discovering, being fascinated by ideas
	Open-Mindedness: Thinking of all sides of an issue, changing position in light of evidence, not jumping to conclusions
	Love of Learning: Acquiring specific skills and topics, related to curiosity, but more <i>systematic</i>
	Perspective: Having “wisdom” about the world, having the skills to “counsel” a peer or sibling, having ideas that make sense to others
Courage	
	Bravery: Not shrinking from threats, challenge, or difficulty (could be physical or otherwise), speaking up and acting on convictions, even if they are unpopular
	Persistence: Taking pleasure in completing tasks, seeing things through to the end
	Integrity: Speaking the truth, presenting in a sincere and genuine way
	Vitality: Approaching life with excitement and energy, seeing life as an adventure
Humanity	
	Love: Valuing close relationships, especially those that involve sharing and caring for each other
	Kindness: Taking care of others, doing favors and good deeds, helping people
	Social Intelligence: Knowing how to fit into social situations, having awareness of the feelings and motives of others, knowing what makes people “tick”
Justice	
	Citizenship: Working well on a team, doing one’s share, being loyal to a group
	Fairness: Giving everyone a fair chance, not being biased
	Leadership: Organizing group activities, being able to lead a group while maintaining good relations with people in the group
Temperance	
	Forgiveness and Mercy: Forgiving those who have made mistakes, giving people a second change, not being vengeful
	Humility/Modesty: Letting accomplishments speak for themselves, having realistic pride in skills and talents
	Prudence: Being careful about choices, not taking undue risk, avoiding saying and doing things that will later be regretted
	Self-Regulation/Self-Control: Being disciplined, regulating actions and words, controlling appetites and emotions
Transcendence	
	Appreciation of Beauty and Excellence: Noticing and appreciating anything from art to science to everyday experiences
	Gratitude: Being aware and thankful for everyday experiences, taking time to express thanks
	Hope: Expecting the best in the future and believing in it, knowing that a good future can be obtained through one’s own efforts
	Humor: Liking to laugh and tease, bringing smiles to others, making or telling jokes
	Spirituality: Having coherent beliefs about a “higher purpose” or meaning of the universe, knowing where one fits within the larger scheme, having beliefs about the meaning of life that shape conduct and provide comfort

Adapted from M.E. Seligman (2002)

Please feel free to elaborate on your child's strengths or areas of strength that you would like to foster in your child:

What top five words would you use to describe your child?

Safety:

Has your child ever become violent with another person? If so, describe:

Has your child been in trouble with the law? If so, describe:

Has your child ever talked about wanting to hurt or kill himself/herself? If so, describe:

Has he/she ever attempted suicide that you know of? If so, describe:

Has he/she ever been hospitalized for psychological problems? If so, describe:

Parents' Occupational Information:

What kind of work are you doing now? How satisfying is your work? If there is more than one parent, include information on all caregivers.

Relationship Status:

Describe the caregivers with whom your child lives and their relationship to each other and to your child (married, divorced, stepparents, grandparents, etc.).

Religion:

Does your family participate in religious activities? If so, please describe anything you would like me to know about your religious beliefs or involvement.

Cultural:

Does your child identify with a particular cultural or ethnic group? If so, please describe what this identification means to your child and/or to your family.

Psychological:

Describe any past therapy experiences that your child or other family members have had (include dates). What worked or didn't work?

Experience with Therapy:

What do you hope to get out of our work together?

Do you have ideas about any approaches or techniques that work best for your child and your family?

Other:

Is there anything else that you would like me to know?