

PERSONALISED MATCHING SERVICE

Please provide as much information as you can to the following questions. The more you tell us, the better the match and the more likely you are to have a successful experience with therapy. Please return your form to matching@welldoing.org

CONTACT DETAILS

Name _____

Address _____

Contact number _____

Email _____

Age _____

Gender _____

DEMOGRAPHIC DETAILS

The following details are optional and should only be completed if relevant to your issue

Sexual orientation _____

Religion and culture _____

THERAPY DETAILS

Preferred therapy In-person Online Blended

For in-person therapy, postcodes/areas _____

Availability (days, times)

Monday	<input type="checkbox"/>	_____
Tuesday	<input type="checkbox"/>	_____
Wednesday	<input type="checkbox"/>	_____
Thursday	<input type="checkbox"/>	_____
Friday	<input type="checkbox"/>	_____
Saturday	<input type="checkbox"/>	_____
Sunday	<input type="checkbox"/>	_____

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THERAPY DETAILS / CONTINUED

Skype/Facetime Username

only required for online therapy

Do you have a budget in mind for your therapy?

Would you prefer a therapist you can book and pay online?

Would you prefer to see a man or woman?

Would you prefer a therapist who comes from a particular cultural background?

Would you prefer a therapist who speaks a language other than English?

MEDICAL DETAILS

Are you currently taking medication?

Have you been referred by a GP or other health professional?

If yes, are you able to attach their referral letter?

HISTORY

Have you been to therapy before for this or another issue?

If you have, do you know what style of therapy was used?

Did you consider this successful?

If not, why not?

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CURRENT ISSUE

Please describe the main issue you are seeking help for, along with any background details you feel are relevant.

Are you looking for help in coping?

Do you want to have a better understanding of patterns in your life?

Are you interested in mind/body types of therapy?

Do styles such as art therapy or play therapy appeal to you?

FOLLOW UP

Once we have received and your information has been reviewed by a professional therapist, we may contact you to request specific information that will assist the matching process.

The details you enter on this document may be seen, in an anonymised form, by the therapist proposed for you.