

SHAPIRO'S HISTORY QUESTIONS

Name _____ Date _____

- 1. What are the reasons the client came for therapy?
- 2. What are the client's goals?
- 3. What are the client's symptoms?
- 4. When did the symptoms start?
- 5. What else was happening at the time? (contributing events)
- 6. Have the symptoms changed? If so, how/when?
- 7. Why did the client decide to come in now?
- 8. What other situations may be contributing at this time?
- 9. Is there any crisis or situation needing an action plan? (e.g., danger, family reunions, tests)
- 10. Present medications (plus effects and feelings about them)?
- 11. Previous therapy:
 - Reason and focus?
 - What kind? (descriptions of memorable interactions)
 - Length of therapy?
 - Quality of relationship with therapist (any problems)?
 - What characteristics does client look for in a therapist?
 - Why did the client stop treatment?
 - Results of therapy including:
 - What did s/he learn that was useful?
 - How was it disappointing?
 - Was there anything s/he never addressed? (events/situations/symptoms/issues)
 - What did client like and not like in previous therapy?
- 12. Present relationships (spouse/partner/SO/children): include quality of these relationships?
- 13. Other current caring friends and relatives?
- 14. Current and previous work/school situations and relationships (bosses/colleagues)?
- 15. Successes/strengths/protective of whom? (useful for Cognitive Interweaves)
- 16. How would client know if therapy is successful?
- 17. What would happen if therapy is successful? Would there be a downside? Would anyone in the client's life have a problem with that?

18. Explain AIP:
- The “unconscious” is really composed of stored memories of previous experiences that guide us automatically.
 - These include unprocessed memories of earlier events that contain the emotions, physical sensations, and beliefs that arise in the present.
 - They are the cause of symptoms and negative behaviors and unpleasant thoughts and sensations.
 - Identifying those earlier memories allows us to see the parallels between past and present experiences.
 - Processing those memories allows us to learn what is useful and let go of the rest.
 - The symptoms, behaviors, negative beliefs, emotions and sensations can be discarded.
 - For simple PTSD explain that the symptoms (intrusive, avoidant and Hyperarousal) are the product of the unprocessed event stored in the “wrong” form of memory (i.e., implicit rather than explicit).
 - For other problems use specific symptoms and characteristics to make the same point.
 - Since the “past is present” it helps to identify the necessary targets.
- 19 Relationship with parents – past and present (use pictures from childhood to discuss, if possible)?
20. Quality/examples of relationship between parents – past and present?
21. Quality/examples of relationships with siblings – past and present?
22. Friends/mentors in childhood/adolescence?
- *“Who really cared about you?”*
 - *“How did that feel?”*
 - Subsequent disappointments?
23. School experiences/teachers – positive and negative?
24. *“Is there anything I haven’t asked that you feel is important for me to know?”*
25. Use of various self-control techniques in order to increase access to resources? (positive memories and projective experiences)
26. How does client presently self-soothe? (including exercise, yoga, meditation, drugs, drinking, shopping, etc.)
27. Hobbies and fun activities?
28. Additions:
- Calm/Safe Place(s): emotions, image cue word
 - RDI: emotions, image, cue word
 - Additional: light-stream, breath, Donald Duck, spiral, hypnosis, Jacobson muscle relaxation, other (specify)_____
 - Therapeutic relationship experiences/exercises for in-session stability and between-session internal reference
29. Timeline (0-20 yearly, then most pertinent) of most disturbing and pleasant events

- Ask for 10 most disturbing memories and place them on timeline
 - Explain 0-10 SUD scale and indicate level of disturbance as a baseline
 - Sometimes useful to ask,
 - *“On this timeline, what are the most important events – good and bad – that formed the person you are today?”* or
 - *“When are the times that things changed?”*
 - Specifically ask for deaths/losses (including animals? And humiliations
 - Make sure to include memorable positive experiences.
30. Negative Cognition checklist: ask clients to check off the ones that give them a feeling in their body and/or “feels like them” when they are disturbed.
- These will be used to identify the earliest memories that set the groundwork for them.
 - These events are also placed on the timeline.
31. Present situations and people that cause disturbance. These are the triggers.
- They will be used to access specific memories of present events that will be targeted with an Affect Bridge or Float Back to identify the pertinent touchstone memories.
 - These touchstone memories will be processed in the first stage of the 3-pronged protocol.
 - Then the triggers will be targeted and processed.
 - Each triggering situation will also be the basis for the processing of a future template.
32. Observations of therapeutic, family, and other systemic interactions that indicate defenses and deficits that will need to be addressed.
33. List kinds of skills and experiences necessary to bring the client to a full level of mental health and adaptive functioning (happiness, confidence, bonding, contributing).
- For instance, what relationship skills or experiences are needed?
 - Most needs will be revealed as therapy progresses. However, this is the time to begin thinking about them, including the types of experiences needed to maintain the client’s motivation to continue therapy.
34. Personal feelings about client.
- What sensations arise in therapist’s body?
 - How comfortable is the clinician with the way the client demonstrates affect?
 - What counter transference issues may arise from client’s problems?
 - These involve the therapist’s own memory networks that are stimulated.
 - What may need to be processed?
 - How comfortable does clinician feel about disclosure/honesty in regard to own feelings?