

# THERAPIST BACKGROUND QUESTIONNAIRE

ID#:	Today's Date: / /	Age:	Gender: Male Female	Ethnicity:
Professional Specialty: (e.g., social worker, psychologist, psychiatrist) _____		Degrees and credentials earned: (Check all that apply)		
State licensed? Yes No		Date of most advanced degree: (Mo/Yr) ____/____		
		____ MA    ____ MSW    ____ PhD    ____ PsyD ____ MD    ____ EdD    ____ LCSW    ____ MFCC/MFT ____ Other (please explain) _____		

- How many years of professional/clinical **training** (beyond undergraduate degree) have you had? \_\_\_\_\_  
About what percentage of your **training** focused on work with:  
 Children aged 5 or younger  
 Children aged 6-12  
 Adolescents aged 13-17  
 Adults aged 18 or older
- How many years of full-time professional/clinical **experience** have you had since your training ended? \_\_\_\_\_  
About what percentage of your **experience** has focused on work with:  
 Children aged 5 or younger  
 Children aged 6-12  
 Adolescents aged 13-17  
 Adults aged 18 or older
- In the past 2 years, how many total hours have you spent in workshops or other training programs focused on child therapy techniques? \_\_\_\_\_
- Do you consider yourself.....  
 Primarily a child-adolescent therapist?  
 Primarily an adult therapist?  
 Other (please specify) \_\_\_\_\_
- How many active cases do you typically carry at one time? \_\_\_\_\_
- About how many hours of supervision do you receive each week? \_\_\_\_\_
- How many cases would you say constitutes an appropriate caseload - one that would allow you to do your best work with each case? \_\_\_\_\_
- How often, if ever, do you experience a feeling of professional burnout?  
0 1 2 3 4 5 6 7 8 9 10  
Never Constantly
- What is your primary theoretical orientation? \_\_\_\_\_
- In what percentage of your work with children and adolescents have you used the following theoretical orientations in **conceptualizing cases and thinking about therapeutic goals**?  
About \_\_\_\_\_ % Psychodynamic  
About \_\_\_\_\_ % Behavioral  
About \_\_\_\_\_ % Cognitive or Cognitive-Behavioral  
About \_\_\_\_\_ % Object Relations  
About \_\_\_\_\_ % Systems  
About \_\_\_\_\_ % Other (please specify)
- In what percentage of your work with children and adolescents have you **used the therapeutic methods and techniques** advocated by the following orientations?  
About \_\_\_\_\_ % Psychodynamic  
About \_\_\_\_\_ % Behavioral  
About \_\_\_\_\_ % Cognitive or Cognitive-Behavioral  
About \_\_\_\_\_ % Object Relations  
About \_\_\_\_\_ % Systems  
About \_\_\_\_\_ % Other (please specify)