# 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)

- [ ] MA
- [ ] MSW
- [ ] PhD
- [ ] PsyD
- [ ] MD
- [ ] EdD
- [ ] LCSW
- [ ] MFCC/MFT
- [ ] Other (please explain) ___________________________

**State licensed?** [ ] Yes [ ] No

**Date of most advanced degree:** (Mo/Yr) [ ]

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1. 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

2. 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

3. In the past 2 years, how many total hours have you spent in workshops or other training programs focused on child therapy techniques? ________

4. Do you consider yourself…..
   - [ ] Primarily a child-adolescent therapist?
   - [ ] Primarily an adult therapist?
   - [ ] Other (please specify) ___________________________

5. How many active cases do you typically carry at one time? ________

6. About how many hours of supervision do you receive each week? ________

7. How many cases would you say constitutes an appropriate caseload - one that would allow you to do your best work with each case? ________

8. How often, if ever, do you experience a feeling of professional burnout? ________

   [ ] Never [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5 [ ] 6 [ ] 7 [ ] 8 [ ] 9 [ ] 10 [ ] Constantly

9. What is your primary theoretical orientation? ___________________________

10. 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)

11. 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)