



Beth Powell's In-Family Services

Current Caregiver's Autobiography

Trauma-Informed Psychotherapy
Licensed Clinical Social Work and Neuro-Behavioral Education

(Please type information. Please be brief)

1. Describe your mother and father (the positive and the negative).

2. How did your parents show affection to each other and to their children?

3. How did your parents handle disagreements and conflicts; what were their main methods of discipline?

4. How many siblings do you have and what role did each sibling play in the family

5. Discuss history of alcohol or drug abuse; physical, emotional or sexual abuse; and mental or emotional illnesses in the family; how was each issue dealt with?

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6. Discuss any military history.

7. List any current/past illnesses/injuries that have impacted you or your family.

8. List any current and previous medications and the reasons for the prescriptions.

9. Discuss history of drug or alcohol abuse.

10. Describe your current marriage (positive and negative; i.e., intimacy, communication, problem-solving, togetherness.)

11. Write a brief description of any previous marriages

12. List your children and give a brief description of each child (if you've not already done so on the child's biography sheet.)

13. What are your main methods of discipline and how effective have they been?

14. What concerns do you have with any other members of your family?

15. How large of a role does spirituality play in your family?

16. Describe your positive attributes, strengths, and support systems?
