

Name:

Date

Creative Arts Counseling Consultation Form

(Please fill out to the best of your ability)

Do you have any experience with art materials? YES NO

if yes, please list any art medium, material or form you have experience with

Do you think of yourself as a creative person?

Take a few minutes (no more than 5) and write a little bit about what is happening in your life (situations, circumstances, friends, family, work, etc):

If you could choose one word or a phrase to describe what is happening in your life, what would it be:

Take a few minutes (no more than five) and write a little bit about how you are feeling about yourself.

If you could think of one word or phrase to describe how you're feeling about yourself at present, it would be:

Take a moment to write a little bit about what you would like your life to look like in the future:

If you could think of one word or phrase to describe your ideal future, it would be:

Is there anything else you would like me to know about you and/or your situation at present?

