

Contact us

For more information call us on **0860 320 420** or visit www.discovery.co.za, 1 Discovery Place, Sandton, 2196.

Date of report

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1. Employee Details

Employee name

Employee company

2. Session information

Session type

Couples counselling

☐

Family counselling

☐

Individual counselling

☐

Child counselling

☐

Group counselling

☐

Number of extra sessions completed with the employee

3. Main concern/problem (select one)

Accidental/disability

☐

Anger management

☐

Grief or loss

☐

Emergency/suicidal

☐

Life threat

☐

Mental health condition

Depression

☐

Anxiety disorder

☐

OCD

☐

PTSD

☐

Substance dependency

☐

Trauma

Hijacking

☐

Assault

☐

Rape

☐

Home invasion/Burglary

☐

Suicide

☐

Murder

☐

Loss/bereavement

☐

Health/lifestyle condition

☐

HIV

☐

Organisational issues

Interpersonal conflict	☐
Absenteeism	☐
Adjustment problems	☐
Disciplinary issue	☐
Human resource issue	☐
Diversity/Discrimination	☐
Sexual harassment	☐
Verbal/emotional abuse	☐
Job dissatisfaction	☐
Manager/supervisor issues	☐
Staff issues	☐
Victimisation	☐
Development/training	☐
Health and safety	☐

Relationship issues

Partner/spouse	☐
Divorce/separation	☐
Family member	☐
Physical abuse	☐
Sexual abuse	☐
Emotional abuse	☐
Panic attacks/acute stress	☐
Chronic stress	☐
Work/life balance	☐
Burnout	☐
Financial stress	☐
Family stress	☐

Personal development

Communication skills	☐
Self esteem	☐
Personal growth	☐
Managerial development	☐
Spiritual/Religious	☐

Other	
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Comments/description of problem or concern

Treatment provided

Treatment outcome

Recommendations
