

Please compile (3-pages or just slightly less) an Autobiographical History which provides me with a window into you, your family of origin, and any significant family dynamics or events which think are impacting you, your relationship, or the difficulties you are experiencing (and prompt you to seek therapy / coaching).

**Kindly refrain from using AI or any other technology assistance; I am interested in seeing your unique voice!**

In particular,

- 1). Basic Demographics: your age, where you went to college / degree(s), occupation.
- 2). Family Composition: where you fall in the birth order (if applicable), names/ages of siblings, parents/stepparents, other significant adults in your life (if applicable).
- 3). Most importantly: what did you learn about relationships, having witnessed your parents' marriage? Please share a bit about what you observed of your parents' interpersonal dynamics, and also a bit about the way you were parented. Anything noteworthy about your relationship with your siblings (if applicable)?
- 4). Sexual history: please share a bit about your background, any trauma history (if applicable), and anything you think would be useful for me to know about.
- 5). Reflections on how any of these dynamics may be impacting you, or your relationship.

Your AH should be shared by way of a GoogleDoc, with an invitation to view, or via snail mail (email is not secure, nor is it HIPPA compliant). Please be sure to submit your AH at least 10-days prior to your first session, to allow ample time for my review. Thank you.