

'UNDERSTANDING YOUR EATING' (UyE) PRE-BOOKING FORM

FIRST NAME		SURNAME		Mr/Mrs/Miss/Ms/other
ADDRESS				Telephone number:
Please confirm that you are happy for us to contact you on this number and leave a message:				YES / NO
EMAIL ADDRESS:				
Weight / Height:		Body Mass Index:		Age
How did you hear about Burrswood:				

We would be grateful if you could complete and return this questionnaire. This will help us determine if, or how best, we can meet your needs. It may be necessary for a telephone assessment session to be arranged, before a booking can be confirmed.

1. The 'UyE' guest package involves you learning about your condition in order to understand it better and deal it with more effectively. This will include reading and 'homework' to be completed between the counselling sessions. Are you able and willing to engage with this type of programme?
2. Do you think it possible that there are links between overeating and thoughts and feelings?
3. Describe any extreme behaviours relating to food or attitudes you may have towards food.
4. How old were you when you first became overweight and what do you think the reasons were behind this?

5. Please give details of your history of weight loss and gain.

6. Does your weight impact on your life or lifestyle? If so, how?

7. Is there anything else you think it might be helpful to tell us in order to better understand your history of weight gain or loss?

8. What else have you tried, if anything, to address your eating habits or weight problems?

9. Why do you think this point in your life is the right time to address your eating or weight issues?

10. Describe your attitude towards exercise.

11. Do you find it difficult to control spending or gambling, or your use of alcohol and drugs (including prescription drugs)?

