

“Gathering the Developmental Story” Notes

Developed by Danelle Spence

Client’s Name: _____

Date of Birth: _____

Parent/Guardian Name: _____

Date of Consultation: _____

Parental History

1. How did you (the parents) handle emotions growing up?
 2. How did you learn to manage and resolve conflict?
 3. How do you feel your own emotional experiences impact your parenting?
 4. What was the environment like when you decided to bring a baby into it?
 5. Did you have emotional and instrumental support yourselves at this point?
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Ages 0-4: Attachments

4. How did your child respond to emotional soothing from caregivers?
 5. How did your child interact with siblings (if applicable)?
 6. What were your child’s soothing capabilities (e.g., self-soothing, reliance on caregivers)?
 7. How did your child express and manage temper tantrums? As parents, how did you handle temper tantrums?
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Elementary: Relationships

8. How did your child explore new environments and experiences?
 9. How did they express emotions and vent frustrations?
 10. What were their early friendship patterns like?
 11. How did your child learn and adapt to new situations?
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Junior High: Self Esteem

12. How did peer pressure impact your child?
 13. Did your child experience bullying? If so, how did they (and you!) handle it?
 14. How did your child express their voice and opinions?
 15. How did they handle conflicts?
 16. What were your child's academic strengths and challenges?
 17. What hobbies and interests did they develop?
 18. How would you describe their sense of self?
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High School: Self Identity

19. How did your child handle conflicts with peers and family?
 20. How did they approach intimate relationships?
 21. Were they comfortable speaking up for themselves?
 22. How confident was your child in social and academic settings?
 23. How did they approach risk-taking?
 24. What passions or strong interests did they develop?
 25. How did they express their individuality?
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Young Adulthood: Healthy Risks

26. How did your child transition to independence?
 27. How did they approach education and career planning?
 28. What was their approach to forming and maintaining relationships?
 29. How did their confidence evolve?
 30. How did they differentiate from family while maintaining connection?
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Current Symptoms

Describe any emotional, behavioral, cognitive, or physical symptoms the child is currently experiencing.

Parental Tone & Non-Verbal Observations

Include observations about tone, emotional expressions, body language, hesitations, or anything non-verbal that provides additional context.

Clinician's Observations

Additional notes based on the conversation, clinical insights, or factors to consider for treatment.

Interpretation & Clinical Formulation

- **Attachment Injuries:** Identify any areas where there may be attachment disruptions or unmet needs.

- **EMDR or Trauma Targets for Processing:** Record target memories or significant incidents (both big T traumas and little T developmental traumas) for future processing.

- **Lack of Brain Integration:** Observations on integration between left and right brain, as well as bottom-up regulation concerns.

Treatment Plan

Goals, recommended interventions, and strategies for supporting the child's development and emotional well-being.
