



## Clients' Personal Histories – Collecting Helpful Information

**Presenter:** Steven Sawyer, MSSW, LICSW

**Recorded on:** December 18, 2025

**Length:** 2 Hours

- |                        |   |
|------------------------|---|
| <b>Fifteen minutes</b> | <ul style="list-style-type: none"><li>• Introduction and overview</li><li>• Why taking history is essential</li></ul>                                 |
| <b>Thirty minutes</b>  | <ul style="list-style-type: none"><li>• Principles of self-disclosure and history-taking</li></ul>  |
| <b>Thirty minutes</b>  | <ul style="list-style-type: none"><li>• Use of a workbook in client self-disclosure in comprehensive assessments</li></ul>                            |
| <b>Thirty minutes</b>  | <ul style="list-style-type: none"><li>• Use of a workbook self-disclosure as pre-treatment and treatment exercises for building amenability</li></ul> |
| <b>Fifteen minutes</b> | <ul style="list-style-type: none"><li>• Q&amp;A</li><li>• Wrap-up</li></ul>   |

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