

PERSONAL DETAILS (TO BE KEPT SEPARATELY):

Name: Navjot Klair

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Erith  
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Further personal information:

CORE RTN.  
CONTRACTS  
OCD QUEST.

INITIAL ASSESSMENT FOR COUNSELLING

Client Code: NK/27/f	DoB: 16.12.89	GP: Belvedere medical Centre	Source of Referral Counsellor Direct.
What drew you to my website/profile page: Had counselling before. Geographical - asia			
Ethnicity: Bshoh Asia	Current medical treatment: NO.	Disability: NO.	
Previous Counselling or related treatment: 8 weeks - CBT - last year - some time - co incidence. anxiety + depression -			
Living situation, including others in family: Husband modern law + bulter in-law -			
Any other agencies / professionals involved, with names and contact details: None.			
Clients main concern: <sup>End September</sup> over thinking - panic attack about luggage - Amsterdam - easy jet - one suitcase - cleaning overly -			
Emotional health: tears anxiety -			
Physical health: don't sleep well - when leading up to a situation appetite - eat too much - crave sweet things Do exercise - I don't have someone to do it with -			