

Personal History Form

The Free Methodist Church is committed to supporting emotional, relational, and mental health for those who serve the church. To this end, we are asking you to meet with a conference-approved counselor or psychologist for a brief interview to help identify issues that may need further exploration as part of your formation plan. The following form will provide helpful background information so that the clinician will be able to make the most of his/her time with you. Some of these questions may feel personal. Answer as completely as you feel comfortable, knowing that everything written here will be held in the highest confidence. Do not return this document to the conference office; please send it directly to the clinician prior to your meeting.

Name:

Birthdate:

Current ministry position (volunteer or staff, primary area(s) of responsibility):

Where have you seen growth in these areas since you started serving?

If you have a resume, please attach to this form. Otherwise, list any jobs you have held in the past five years:

List three areas you consider to be strengths and three you believe to be weaknesses.

Strengths:

Weaknesses:

Activities and interests

What are some of your hobbies?

What do you do for recreation?

Religious background

At approximately what age did you decide to follow Jesus?

Did you attend a Christian church when you were growing up?

If yes, what church(es) did you attend, how old were you when you attended, and what was the approximate size of the congregation?

If no, to the best of your knowledge indicate why you did not attend.

Please describe what experience, if any, you have in religions other than Christianity.



THE RIVER CONFERENCE

Describe your most significant religious experiences and why they were meaningful to you.

Describe a person you know who you consider to be an outstanding example of Christian life.

Describe a time when you struggled spiritually. What happened?

Everyone has experienced what could be termed a failure, a time when an event we planned, a ministry we spearheaded, or a person in whom we invested imploded. Write about a failure you experienced. What happened? What did you learn from it?

Why are you interested in pursuing ministry credentials?

Educational background

What post-high school training have you started and/or completed? What certificates or degrees do you hold? In what areas of concentrations? (You may skip this if this information appears on your resume.)

Relationship background

MARITAL/RELATIONAL STATUS:

IF MARRIED OR IN A SERIOUS RELATIONSHIP:

What three words would you use to describe your marriage/relationship?

What is your spouse's/significant other's religious background?

How does s/he feel about your decision to explore vocational ministry?

What does s/he do vocationally?

IF YOU HAVE EXPERIENCED A DIVORCE(S):

Date of previous marriage(s) and date terminated.

What factors contributed to the end of this relationship/these relationships?

If you are married, has your spouse been previously married?



THE RIVER CONFERENCE

If yes, please provide the date of previous marriage(s) and the date terminated.

What factors contributed to the end of this relationship/these relationships?

Briefly describe other significant romantic relationships or intimate encounters that you have had, including live-in boy/girlfriends.

If you have children, please list their names and ages:

Family background

Name of biological/adoptive father:

How would you describe his health?

If he has passed away, of what did he die and when?

Provide three words to describe your relationship with your biological/adoptive father.

Name of biological/adoptive mother:

How would you describe her health?

If she has passed away, of what did she die and when?

Provide three words to describe your relationship with your biological/adoptive mother.

Are your biological/adoptive parents still together?

If yes, please select three words to describe their relationship.



THE RIVER CONFERENCE

IF NO, PLEASE RESPOND TO THE FOLLOWING:

What is the status of their relationship? (i.e., one or both deceased, never married, separated, divorced)

Approximately how old were you when their relationship ended?

What is your biological father's current relationship status?

What is your biological mother's current relationship status?

Do you have a significant relationship with a step-parent(s)?

If yes, please provide their name(s) and their relationship to you.

Provide three words to describe each of these relationships, if applicable.

Do you have siblings?

If yes, please list their names and the nature of your relationship with them (i.e., biological, adopted, half-, step-, foster).

Provide three words to describe your relationship with each in childhood.

How would you describe each relationship now?

Health Information

How would you describe your physical health?

Please describe any health conditions you have that may impact you in ministry.

How would you describe your activity level?

How would you describe your diet?

What conditions do you have currently that are being treated with medication?

How would you describe your emotional health?

How would you describe your relational health?

How would you describe your spiritual health?

Have you had experience with counseling before? When, how long, and for what?



THE RIVER CONFERENCE

Please describe, to the extent you are able, any significant traumas you've experienced, such as military combat, physical/emotional/sexual abuse, criminal victimization, death of a loved one.

Relational Health

To whom are you accountable, both personally and professionally? How did these relationships come to be?

Describe any relationships you currently have in which you can be completely honest with both your victories and your struggles.

Describe any significant support/accountability relationships you have had in your past.

Describe a time when you experienced conflict in an important relationship. What happened? How did you contribute to the conflict? How did the other person? What did you learn from it?

What else would you like the clinician to know before you meet?