

Counseling for Ex-Cult Members or Escapees from a Destructive Mind Control Relationship

Please provide the following confidential background information before your first appointment. Use additional paper if needed.

Background Information

Personal Information

Your name:

Date:

Age:

Sex:

Email:

Telephone:

Address:

How did you find Steve Hassan and FOM?

History of Abusive Cult or Relationship Involvement

Name(s) of Group

Leader's Name

Dates Involved With Group

Briefly Describe Your Relevant Personal History:

Do you have any family or friends still involved? Who?

Do you still go to group functions? Do any practices you learned in group?

Recovery and Resources

Have you worked, or are you currently working with any other therapist or support group? Please give details.

Have you read any books about cult mind control issues? List the best ones:

Watched any good videos/ television specials that were helpful to you?

**Circle the issues / problems that you are dealing with.
Some of most common are:**

1. Extreme identity confusion
2. Dissociative states - "floating"(getting triggered back into cult mode)
3. Panic and anxiety attacks
4. Depression
5. Post-Traumatic Stress Disorder (P.T.S.D.)
6. Psychosomatic symptoms (headaches, backaches, asthma, skin problems)
7. Problems with decision-making- dependency
8. Retarded psychological development- loss of psychological power
9. Guilt
10. Fear
11. Sleep disorders/ nightmares
12. Eating disorders
13. Sexual problems / Sexuality Issues
14. Lack of trust / fear of intimacy and commitment - people / work
15. Harassment and threats
16. Grieving loss of friends, family
17. Spiritual "rape" of the soul