INTAKE FORM

Please provide the following information and answer the questions below. Please note: information you provide here is protected as confidential information.

Please fill out this form and bring it to your first session.

Name: _____

Last Name First Name Middle Name Initial

Name of parent/guardian (if under age of 18):

_____

Last Name First Name Middle Name Initial

Date of Birth: _____/_____/_____ Age: _____ Gender: _____

Marital Status: ☐ Never Married ☐ Domestic Partnership ☐ Married

☐ Separated ☐ Divorced ☐ Widowed

Please list any children gender and age: _____

_____

Address: _____

Street No. /Apt

_____

City State Zip Code

Home Phone: ( ) May we leave a message? ☐Yes ☐No

Cell/Other Phone: ( ) May we leave a message? ☐Yes ☐No

E-mail: _____ May we email you? ☐ Yes ☐No

*Please note: Email correspondence is not considered to be a confidential medium of communication.

Referred by (if any): _____

Have you previously received any type of mental health services (psychotherapy, psychiatric services, etc.)?

☐ No

☐ Yes, previous therapist/practitioner: _____

Are you currently taking any prescription medication?

☐ No

☐ Yes, please list: _____

Have you ever been prescribed psychiatric medication?

☐ No

☐ Yes, please list names and provide dates: _____

_____

GENERAL HEALTH AND MENTGAL HEALTH INFOPMATION

1. How would you rate your current physical health? (Please circle)

Poor Unsatisfactory Satisfactory Good Very good

Please list any specific health problems you are currently experiencing:

_____

_____

2. How would you rate your current sleeping habits? (Please circle)

Poor Unsatisfactory Satisfactory Good Very good

Please list any specific sleep problems you are currently experiencing:

_____

3. How many times per week do you generally exercise? _____

What types of exercise to you participate in _____

4. Please list any difficulties you experience with your appetite or eating patterns

_____

_____

5. Are you currently experiencing overwhelming sadness, grief or depression?

☐ No

☐ Yes

If yes, for approximately how long? _____

6. Are you currently experiencing anxiety, panic attacks or have any phobias?

☐ No

☐ Yes

If yes, when did you begin experiencing this? _____

7. Are you currently experiencing any chronic pain?

☐o

☐es

If yes, please describe _____

8. Do you drink alcohol more than once a week? ☐Yes ☐No

9. How often do you engage recreational drug use?

☐ Daily ☐ Weekly ☐Monthly ☐Infrequently ☐Never

10. Are you currently in a romantic relationship? ☐Yes ☐No

If yes, for how long? _____

On a scale of 1-10, how would you rate your relationship? _____

11. What significant life changes or stressful events have you experienced recently?

_____

_____

FAMILY MENTAL HEALTH HISTORY

In the situation below identify if there is a family history of any of the following. If yes, please indicate the family member's relationship to you in the space provided (father, mother, grandfather, grandmother, uncle, aunt, etc.)

	Please Circle	List Family Member
Alcohol/Substance Abuse	Yes / No	
Anxiety	Yes / No	
Depression	Yes / No	
Domestic Violence	Yes / No	
Eating Disorders	Yes / No	
Obesity	Yes / No	
Obsessive Compulsive Behavior	Yes / No	
Schizophrenia	Yes / No	
Suicide Attempts	Yes / No	

ADDITIONAL INFORMATION

1. Are you currently employed? ☐Yes ☐No

If yes, what is your current employment situation? _____

Do you enjoy your work? Is there anything stressful about your current work?

_____

_____

2. Do you consider yourself to be spiritual or religious? ☐Yes ☐No

If yes, describe your faith or belief: _____

_____

3. What do you consider to be some of your strengths?

_____

_____

_____

_____

4. What do you consider to be some of weakness?

_____

_____

_____

_____

5. What would you like to accomplish out of your time in therapy?

_____

_____

_____

_____

_____ _____

Client Signature (Client's Parents/Guardian if under 18) Today's Date