

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: _____

Preferred Method of Contact: (Please Circle) Telephone Call Email Text Message

Briefly Describe Your Reason for Seeking Counseling:

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

- No
- Yes (previous therapist/practitioner, approximate dates)

Are you currently taking any prescription medication?

- Yes
- No

Please list:

Have you ever been prescribed psychiatric medication?

- Yes
- No

Please list and provide dates:

GENERAL HEALTH AND MENTAL HEALTH INFORMATION

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 do 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?

No

Yes

If yes, please describe? _____

8. Do you drink alcohol more than once a week?

No

Yes

9. How often do you engage recreational drug use? (please circle)

Daily

Weekly

Monthly

Infrequently

Never

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

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 section 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, grandmother, uncle, 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? No Yes

If yes, name and address of your employer:

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

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

If yes, describe your faith or belief:

3. What do you do to take care of yourself when under stress?

4. Who is in your support system?

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