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General Client Intake Form

Client Name _____

Address _____

_____

email _____

Cell # _____ Home # _____ Business/Work # _____

Please put a check beside the number you prefer to be contacted by.

Which method of communication do you prefer? Text ____ Email ____ Voicemail/ Message _____

Date of first appointment: _____

Please take your time in providing the following information. The questions are designed to help me begin to understand you so that our time together can be as productive as possible. All information provided is confidential.

Referred by:

- ☐ Medical Provider: _____
- ☐ Insurance Provider: _____
- ☐ My Website: _____
- ☐ PsychologyToday _____
- ☐ Therapy Tribe _____
- ☐ Friend/Family: _____
- ☐ Other: _____

Have you previously received any type of mental health services?

- ☐ Yes
- ☐ No

If yes, which of the following:

- ☐ Psychotherapy
- ☐ Medication
- ☐ Outpatient Hospitalizations
- ☐ Inpatient Hospitalization
- ☐ Other _____

If yes, please provide:

Name of provider or facility:_____
Location:_____
Dates of treatment:_____
Reason for treatment:_____

Briefly, what brings you in today

When did your problem first start? Within the last:

- ☐ 30 days
- ☐ 6--12 months
- ☐ 2 years
- ☐ During adolescence
- ☐ During childhood

What areas of your life have been affected because of this problem?

Are you currently experiencing overwhelming sadness, grief or depression?

- ☐ Yes
- ☐ No

If yes, for approximately how long? _____

If yes, please briefly describe _____
_____
_____

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

- ☐ Yes
- ☐ No

If yes, when did you begin experiencing this? _____

If yes, please briefly describe _____
_____
_____

Please describe any major losses or traumas you have experienced:

What significant life changes or stressful events have you experienced recently (within the last 5-7 years)?

Please list or describe what you like to accomplish through therapy?

_____
_____
_____
_____
_____
_____
_____
_____

Family History

Where were you born? _____

Where did you grow up? _____

- ☐ City
- ☐ Suburbs
- ☐ Country

Please list your parents and siblings. Please use additional space on the back if needed

Name	Age	Relationship	Where do they live now?	If deceased, age and cause of death

Who did you live with while growing up? _____

Mother's occupation: _____

Father's occupation? _____

Who was your primary caregiver?

Who was your primary disciplinarian?

Did you feel as though you and your siblings were treated equally? Yes ____ No ____

If no, please describe

_____

_____

_____

_____

_____

_____

_____

_____

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.).

Condition	Please circle	List Family Member
Alcohol/Substance Abuse	Yes No	
Anxiety	Yes No	
Depression	Yes No	
Domestic Violence	Yes No	
Sexual Abuse	Yes No	
Eating Disorders	Yes No	
Obesity	Yes No	
Obsessive Compulsive Disorder	Yes No	
Schizophrenia	Yes No	
Suicide Attempts	Yes No	
Other diagnosed mental health condition?	Yes No : which was/is _____	
Other mental health concerns?	Yes No : which was/is _____	

Marital Status:

- ☐ Never Married
- ☐ Domestic Partner
- ☐ Married
- ☐ Separated
- ☐ Divorced -- For how long?
- ☐ Widowed: Please provide your partners name and year deceased:

If married, how long have you been married for and what is your partners name:

_____

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

Are you currently in a romantic relationship?

- ☐ Yes -- How long? _____
- ☐ No

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

Please list any children, their names, and ages:

Name	Age	Relationship	Name of other parent	If deceased, age and cause of death

Physical Health

Please list any medications, herbs, or supplements. Be sure to include the condition, as some medications are prescribed for off-label use. Continue on the back if needed, or provide a separate list. If you have a complicated medical profile, please supply supporting documentation to be able to facilitate a comprehensive understanding of your health.

Medication/Supplement	Dosage	Condition	Date Began/Stopped

Prescribing provider and contact information:

Name: _____ Specialty: _____

Phone, email, or Fax: _____ Facility: _____

How would you rate your current physical health?

- ☐ Poor
- ☐ Unsatisfactory
- ☐ Satisfactory
- ☐ Good
- ☐ Very Good

Please list any specific health problems you are currently experiencing:

How would you rate your current sleeping habits?

- ☐ Poor
- ☐ Unsatisfactory
- ☐ Satisfactory
- ☐ Good
- ☐ Very Good

If you are having problems, in which phase of sleep are you experiencing issues?

- ☐ Falling asleep
- ☐ Staying asleep
- ☐ Awakening early
- ☐ Sleep apnea

Please list any other specific sleep problems you are currently experiencing:

How many times per week do you generally exercise? _____ What types of exercise do you participate in:

Are you currently experiencing any chronic pain?

☐ No
☐ Yes

If yes, please describe:

Please describe current use of alcohol, cigarettes, and/or recreational drugs:

Please describe previous use of alcohol, cigarettes, and/or recreational drugs:

Additional Information

What do you enjoy about your work (full-time homemaker included)? If retired, what did you enjoy about your work?

What do you find particularly stressful about your current or previous work?

What do you enjoy doing in your free time? What do you do to relax?

Do you consider yourself to be spiritual or religious? If yes, please describe your faith or belief:

What do you consider to be some of your strengths?

What do you consider to be some of your weakness?