

Confidential Demographic Information

Name: _____

Date: _____

DOB: _____

Age: _____

Sex: Male Female Other

Birthplace: _____

Street Address: _____

City: _____ State: _____

Zip Code: _____

Phone Number(s): _____

Email: _____

Communication Preferences

Is it ok to leave a voicemail?

YES

NO

Would you like to receive email communication?

YES

NO

Would it be okay to text appointment reminders?

YES

NO

Is it ok to send something in the mail?

YES

NO

How were you introduced to us? _____

If you found us online what words did you search to find us?

** For additional client only*

Name: _____

DOB: _____

Age: _____

Sex: Male Female Other

Birthplace: _____

Street Address: _____

City: _____ State: _____

Zip Code: _____

Phone Number(s): _____

Email: _____

Is it ok to leave a voicemail?

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Would it be okay to text appointment reminders?

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YES

NO

How Have We Come to Meet?

What are the 3 biggest concerns you have right now? How long have each been going on? Put them in order of importance:

- 1. _____
- 2. _____
- 3. _____

What do you think those that care about you would say their concern(s) is/are regarding you?

What solutions (helpful or unhelpful) have you tried to resolve the above concerns?

Have you had therapy in the past? If so, with whom and when? What reasons did you attend therapy for? Please share with us about your experience. What was helpful? Unhelpful?

Change is Coming

What are your expectations from therapy? What are your expectations of the therapist?

Looking into the future, how will you know that our work and time together has paid off? What would be different? List/describe concrete changes you will see in as much detail as possible.

What other things would you like to see change in your life (family, career, health, relationships, etc.)?

What is your degree of motivation on a 10-point scale? Why not lower? What would increase #?

Do you foresee any obstacles to achieving your goals/desired changes? How can I support you?

How long do you think therapy will need to last to achieve your goals? Write down a target date:

List 5 strengths about yourself or that others say about you, give examples of each:

1. _____
2. _____
3. _____
4. _____
5. _____

Medical & Wellness Information

What do you do for wellness (i.e. healthy food choices, exercise, limits on TV/electronics/work, managing stress, family time, leisure, etc.)? Give examples of each:

How do you achieve balance in your life?

Have you ever received psychiatric services before? YES NO
If yes, how long ago, with whom, for what, medications prescribed and results:

Do you have any allergies (food, environmental, medicinal, animal, etc.)

Do you have any current or past medical issues, hospitalizations, accidents, injuries or surgeries?

Is there a family history of the above medical issues/concerns?

Are you presently under a physician's/psychiatrist's care? If so, for what reason?

Is there anyone in your life that is currently dealing with a medical issue that you are concerned about?
If so, whom, for what?

In the past year, have there been any changes in your life? (i.e.: moves, appetite, sleep, health, family, overall functioning)?

List any medications (over-the -counter & prescribed), nutritional or herbal supplements, or alternative treatments (acupuncture, chiropractic, etc.) you are taking/doing and the reasons:

Important Questions Asked For Your Safety

Have you ever had suicidal thoughts/ideations? If yes, please explain:	YES	NO
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Have you ever planned to hurt yourself? If yes, please explain:	YES	NO
--	-----	----

Have you ever attempted to hurt yourself? If yes, please explain:	YES	NO
--	-----	----

Have you ever felt like you wanted to seriously hurt/harm someone else? If yes, please explain:	YES	NO
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Do you have weapons in your home or access to weapons? If yes, who has access to them and what are the safety protocols around them?	YES	NO
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Is there any history past or present of abuse or violence in your home? If so, please explain:	YES	NO
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Are you currently using any illegal drugs, or prescription medications in a way other than was prescribed, or is the reason you are seeking therapy services substance related?

Have you ever witnessed or experienced a trauma? Do you have reoccurring nightmares, flashbacks, or do you avoid anything that is uncomfortable or painful? If so, please explain:

Do you have currently legal issues or is the reason you are seeking therapy related to a court order? If so, please explain:

Career/Job, Recreation and Leisure

What is your current occupation? How would you describe your fulfillment of your job/career?

What is your highest level of education completed and field of study?

What do you enjoy doing during your free/leisure time?

Intimate Relationships

If you are currently in a relationship, describe your relationship:

How would you describe your communication?

How would you describe intimacy in your relationship?

* If you are in a relationship answer the following regarding your relationship:

1. Like _____
2. Dislike _____
3. Not enough of _____

-
- 4. Too much of _____
 - 5. Ideal relationship _____

Understanding Your Family & Influences

Parent's marital status:

Married Divorced Never Married Separated Domestic Partners Widowed

Please describe your relationship with your parents (if alive):

How would you describe your upbringing?

Who lives with you currently?

Do you have any pets? If yes, names, types and relationship to each pet:

Describe your relationship with the following:

Mother:

Father:

Mother's Significant Other:

Father's Significant Other:

Siblings: Age, Name and Sex:

a. Sibling 1

b. Sibling 2

c. Sibling 3

Children:

a. Child 1

b. Child 2

c. Child 3

Significant Other/Spouse:

Relationships

Describe your relationship with your friends:

Who would you say your support system is (people, organizations, or affiliations)?

Do you belong to any religious or spiritual groups? YES NO
If yes, what is your level of involvement?

How do your religious or spiritual beliefs/practices influence your life?

Is there anyone that you would like to be a part of your sessions or think may be helpful to be part of sessions either now or in the future?

Please list anything else that is important for us to know about you that would assist us in working with you to achieve your desired results:

Thank you for being vulnerable, open and honest. You have taken first step towards desired changes!