

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) (First) (Middle Initial)

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

(Last) (First) (Middle Initial)

Birth Date: ____/____/____ Age: ____ Gender: ☐ Male ☐ Female

Marital Status: ☐ Never Married ☐ Domestic Partnership ☐ Married ☐ Separated
☐ Divorced ☐ Widowed

Please list any children/age: _____

(Home Street Address)

(City) (State) (Zip)

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): _____

Insurance Company _____ ID# _____

Primary Physician _____ Phone# _____

Emergency Contact _____ Phone# _____

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 or currently prescribed psychiatric medication?

☐ No

☐ Yes - 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? _____

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? ☐ Daily ☐ Weekly ☐ Monthly

☐ Infrequently ☐ Never

10. Are you currently in a romantic relationship? ☐ No ☐ Yes -If yes, 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, mother, 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, what is your current employment situation:

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

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

If yes, describe your faith or belief:

3. What do you consider some of your strengths?

4. What do you consider some of your weakness?

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