

Intake Form

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

Name:			
(Last)	(First)	(Middle Initial)	
Address: (Street and			
(Street and	a Number)		
(City)	(State)	(Zip)	
Birth Date:	_// Age: _	Gender: 🗆 Male 🗆 Femal	e
Home Phone: ()	May we leave a message?	No
Cell/Other Phone: ()	May we leave a message? \Box Yes \Box I	No
Work Phone: ()	May we leave a message?	No
E-mail:		May we email you?	
*Please note: Email	correspondence is not cons	sidered to be a confidential medium o	of communication.
Emergency Contact:			
Marital Status:	(Name)	(Relationship) (Pł	none Number)
Never Married	Domestic Partnership	□ Married □ Separated □ Divorced	l 🗆 Widowed
Please list any other	household member(s) with	n age(s):	
Name of parent/gua	ardian (if under 18 years):		
(Last)	(First)	(Middle Initial)	
Referred by (if any):			



Have you previously received any type of mental health services (psychotherapy, psychiatric services, etc.)? \Box No

Yes, previous therapist/practitioner:

Are you currently taking any prescription medication?

 $\square \ \rm Yes$

□ No

Please list: ______

Have you ever been prescribed psychiatric medication?

 \square Yes

 \square No

Please lis	t and p	orovide	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 to y	ou participate in		
4.	Please list any difficulties ye	ou experience with your appetite or eating patterns		
5.	Are you currently experience	ing 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 experienc	ing any chronic pain?		
	□ No	□ Yes		
		If yes, please describe		
8. [Do you drink alcohol more th	nan once a week?		
	□ No	□ Yes		
9.	How often do you engage re	ecreational drug use?		
	🗆 Daily 🗆 W	eekly 🗆 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 change	es or stressful events have you recently experienced?		



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 or attending school?	□ No	🗆 Yes

If yes, what is your current employment situation, or year in school?

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



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

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 your weakness?

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