

**Individual Intake Information**

(email for scheduling & administrative purposes only)

Name \_\_\_\_\_ DOB \_\_\_\_\_ EMAIL \_\_\_\_\_

Address City & Zip \_\_\_\_\_ Identifying Gender \_\_\_\_\_

Preferred Phone for contact & messages) CELL WORK HOME \_\_\_\_\_

Occupation, Employer & Address \_\_\_\_\_

ER Contact Name & Number (other than partner/spouse) \_\_\_\_\_

Circle One: Single - Engaged - Married - Divorced - Separated - Widowed

Duration of Current Relationship \_\_\_\_\_ Duration of Previous Marriages \_\_\_\_\_

Name of current partner/spouse \_\_\_\_\_ DOB \_\_\_\_\_

Occupation/Employer \_\_\_\_\_

Children from current or previous marriages/relationships      School/Grade/Where residing

Name \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

Others Residing in Home \_\_\_\_\_ How long at current residence? \_\_\_\_\_

**Family & Medical History (Check all that apply indicating "S" for Self & "F" for Family)**

\_\_\_ Depression      \_\_\_ Chronic Illness      \_\_\_ Neurological Problems      \_\_\_ Alcohol/Subst Abuse

\_\_\_ Bipolar Disorder      \_\_\_ Physical Disability      \_\_\_ Learning Disability      \_\_\_ ADHD/ADD

\_\_\_ GI/Digestion      \_\_\_ Mental Illness      \_\_\_ Personality Disorders      \_\_\_ Anxiety (OCD, panic)

\_\_\_ Abuse- indicate: physical - sexual - emotional      \_\_\_ Physical Illness (ex: cancer)      \_\_\_ Other

Current Medications & Who Prescribes? \_\_\_\_\_

Do you drink alcohol \_\_\_ smoke \_\_\_ use drugs \_\_\_ If yes, which & how often \_\_\_\_\_

Cutting Behavior \_\_\_\_\_ Thoughts of Suicide \_\_\_\_\_ Suicide Attempts \_\_\_\_\_ When \_\_\_\_\_

History of Medical/Mental Health Trauma \_\_\_\_\_

Previous Hospitalizations Where, When & Why \_\_\_\_\_

Name(s) of Previous Counselor(s) \_\_\_\_\_

Previous Counseling Issues \_\_\_\_\_

Are you adopted\_\_\_ If so, at what age \_\_\_\_ Contact w/biological mother\_\_\_\_\_ biological father\_\_\_\_\_

Are parents divorced \_\_\_\_\_ How old were you \_\_\_\_\_With whom did you reside\_\_\_\_\_

Mother's name, age, residence \_\_\_\_\_

Father's name, age, residence\_\_\_\_\_

Siblings names, ages, residences\_\_\_\_\_

Other significant family members in your life?\_\_\_\_\_

Significant family history/trauma: Relocation, Death, Divorce, Deployment, Conflictual Relationships

Highest Level of Education\_\_\_\_\_ Financial or Legal Problems\_\_\_\_\_

Religious affiliation as a child \_\_\_\_\_ Religious affiliation as adult\_\_\_\_\_

**Current Symptoms and Behaviors of Concern (Please check all that apply)**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Anger                              | <input type="checkbox"/> Eating Too Little                  | <input type="checkbox"/> Passivity                   |
| <input type="checkbox"/> Addiction_____                     | <input type="checkbox"/> Exercising Too Much/<br>Too Little | <input type="checkbox"/> Peer Relationships          |
| <input type="checkbox"/> Alcohol or Drug Use                | <input type="checkbox"/> Finances                           | <input type="checkbox"/> Procrastination             |
| <input type="checkbox"/> Being Good to Yourself             | <input type="checkbox"/> Flashbacks                         | <input type="checkbox"/> Recklessness                |
| <input type="checkbox"/> Binge Drinking                     | <input type="checkbox"/> Hypervigilance                     | <input type="checkbox"/> Self-harming Behavior       |
| <input type="checkbox"/> Body Image                         | <input type="checkbox"/> Impulsivity                        | <input type="checkbox"/> Sexually Acting Out         |
| <input type="checkbox"/> Career/ Work                       | <input type="checkbox"/> Irritability                       | <input type="checkbox"/> Sexual Problems/Dysfunction |
| <input type="checkbox"/> Compulsions                        | <input type="checkbox"/> Lack of Ambition/Motivation        | <input type="checkbox"/> Sleeping Problems           |
| <input type="checkbox"/> Concentration Problems             | <input type="checkbox"/> Marital relationship               | <input type="checkbox"/> Socializing                 |
| <input type="checkbox"/> Crying Excessively                 | <input type="checkbox"/> Nightmares                         | <input type="checkbox"/> Social Withdrawal           |
| <input type="checkbox"/> Dating Concerns                    | <input type="checkbox"/> Obsessions                         | <input type="checkbox"/> Spiritual/Religious         |
| <input type="checkbox"/> Difficulty Managing<br>My Emotions | <input type="checkbox"/> Overeating                         | <input type="checkbox"/> Suicidality/Attempts        |
| <input type="checkbox"/> Disorganization                    | <input type="checkbox"/> Parent-Child Conflict              | <input type="checkbox"/> Thoughts of harming others  |
|   |   | <input type="checkbox"/> Other_____                  |

**Physical Symptoms** (“C” currently experiencing, and/or “P” in the past (all that apply))

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Bowel Disturbance | <input type="checkbox"/> Excessive Fatigue/Tired | <input type="checkbox"/> Numbness/Tingling |
| <input type="checkbox"/> Blackouts         | <input type="checkbox"/> Excessive Sweating      | <input type="checkbox"/> Poor appetite     |
| <input type="checkbox"/> Chronic Pain      | <input type="checkbox"/> Fainting                | <input type="checkbox"/> Tension           |
| <input type="checkbox"/> Constant Hunger   | <input type="checkbox"/> Headaches               | <input type="checkbox"/> Rapid Heartrate   |
| <input type="checkbox"/> Dizziness         | <input type="checkbox"/> Hearing Voices          | <input type="checkbox"/> Vision problems   |
| <input type="checkbox"/> Easily Startled   | <input type="checkbox"/> Incoherent Thoughts     |  |

**Circle a number** to rate the severity of the presenting problem on a scale of 1-10 based on how much it impacts your daily functioning.

1      2      3      4      5      6      7      8      9      10  
Little to no impact      I am struggling a bit      Extreme difficulty functioning

**What are your goal(s) for therapy?** \_\_\_\_\_  
\_\_\_\_\_

**How would you know things are improving?** \_\_\_\_\_  
\_\_\_\_\_

Please list anything else you would like me to know about you and questions you have for me...  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thank you for taking the time to complete this Intake Form.  
I look forward to meeting you!

*Laurie*