

\_\_\_\_\_ (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 \_\_\_\_\_ Dates 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 Diso \_\_\_ Physical Disability \_\_\_ Learning Disability \_\_\_ ADHD/ADD

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

\_\_\_ Abuse: 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 \_\_\_\_\_

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

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

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

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

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Anger                           | <input type="checkbox"/> Eating Too Much/Too Little     | <input type="checkbox"/> Passivity                   |
| <input type="checkbox"/> Addiction _____                 | <input type="checkbox"/> Exercising Too Much/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 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))

\_\_\_ **Bowel Disturbance**

\_\_\_ **Excessive Fatigue/Tired**

\_\_\_ **Numbness/Tingling**

\_\_\_ **Blackouts**

\_\_\_ **Excessive Sweating**

\_\_\_ **Poor appetite**

\_\_\_ **Chronic Pain**

\_\_\_ **Fainting**

\_\_\_ **Tension**

\_\_\_ **Constant Hunger**

\_\_\_ **Headaches**

\_\_\_ **Rapid Heartrate**

\_\_\_ **Dizziness**

\_\_\_ **Hearing Voices**

\_\_\_ **Vision problems**

\_\_\_ **Easily Startled**

\_\_\_ **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?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Feel free to use the reverse side of page to complete responses as needed.

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_