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# RESTORATION COUNSELING

*of Rochester, pllc*

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## Client Intake Form

It is my desire to speak with you as soon as possible. In order to do this most efficiently, please fill out the following form, which will help me assess how to best work with you and your concerns. When you are finished please either bring this form to your first session or mail it back. Thank You.

### Demographic Information:

Name:	_____	Birth-date:	_____
Street Address:	_____		_____
City:	_____	State:	_____
	_____	Zip:	_____
Phone #1:	_____	Phone #2:	_____
E-mail #1:	_____	E-mail #2:	_____
Marital Status:	<input type="checkbox"/> Single	<input type="checkbox"/> Engaged/Married	<input type="checkbox"/> Separated
		<input type="checkbox"/> Divorced	<input type="checkbox"/> Widowed
How did you hear about Restoration Counseling/Joyce Wagner?:	_____		
Is there a specific day/time that is best for you to come to counseling?	_____		
Who should be contacted if an emergency arises?	Name:	_____	
Phone:	Relationship:	_____	
_____		_____	

### Clinical Information:

In your own words, what has motivated you to come to counseling now?

\_\_\_\_\_

## Concern Checklist:

Listed below you will find a list of problems people commonly face. This list surveys family, academic, social, spiritual, and other problems of everyday life. Read the list carefully and check the item(s) that are causing you the most trouble at this time.

### Anxiety

- Bad dreams/Nightmares
- Being overly excited
- Difficulty relaxing
- Feeling nervous
- Racing thoughts

### Parents

- Difficulty talking with parents
- Parents constantly arguing
- Parents being too strict
- Parents interfering with life
- Parents Separated/Divorced
- Poor relationship with parents

### Anger

- Difficulty losing temper
- Fear that I might hurt someone
- Feeling jealous
- Getting into arguments
- Getting into fights
- Hurting other's feelings
- Inability to express anger
- Upset about past hurts

### Social Situations

- Awkward meeting new people
- Being criticized by others
- Being left out of things
- Critical of others
- Difficulty making friends
- Having a bad attitude
- Having few hobbies
- Having strong opinions
- Having little/no opinions
- Lacking self-confidence
- Lack of interest in activities
- Uncomfortable in situations
- Wish people liked me better

### Family

- Death of family member
- Difficulty with brother/sister
- Family member with illness
- Family member losing job
- Feeling homesick
- Poor relationship with family

### Sadness

- Afraid of hurting self
- Difficulty concentrating
- Feeling overly emotional
- Feeling depressed
- Suicidal thoughts/behaviors

### Finances

- Can't make ends meet
- Can't decide on career
- Spending money foolishly
- Unable to find job
- Worried about finding job
- Worries about money

### Friends

- Death of close friend
- Difficulty getting close w/ others
- Friend emotionally upset
- Friend attempting suicide
- Friend committing suicide
- Friend with serious illness
- Missing good friend(s)
- Picking the wrong friends

### Sexuality

- Concern about sexual orientation
- Dating issues
- Difficulties with sexual thoughts
- Difficulty getting dates
- Difficulties with sexual behavior
- End of relationship
- Involved in bad relationship
- Memories of past sexual abuse
- No sexual thoughts/behaviors
- Questions about sex
- Uncomfortable with other sex
- Sexually underdeveloped
- Wondering about marriage

### Other

- Acting strangely
- Compulsive behaviors
- Difficulties with reality
- Family history of mental illness
- Feeling strange
- Gender confusion

### Fears

- Fear of death
- Fear of the failure
- Fear of future
- Fear of people
- Irrational fears

### Feelings

- Feeling anxious
- Feeling guilty
- Feeling inferior
- Feeling lonely
- Feeling no one likes me
- Feeling sad

### Health

- Anorexia
- Bulimia
- Headaches
- Lack of Energy
- Lack of Sleep
- Racing heart
- Serious Illness
- Stomachache/ulcer

### Work

- Difficulty with supervisor
- Difficulties with work load
- Feeling out of place
- Financial worries
- Getting low/failing grades
- Performance issues
- Missing work due to illness
- Not in right job
- Overloaded with work
- Poor memory for work
- Poor work habits
- Unable to concentrate on work
- Worries about performance

### Other Continued

- Hearing voices
- Involved in abusive situation
- Little or no emotion
- Losing portions of time
- Obsessive thoughts
- Self-Harming behaviors

### Substance Use

- Difficulty quitting addiction
- Drinking too much alcohol
- Fear of overdosing
- Smoking too many cigarettes
- Using drugs

### Spirituality

- Afraid God will punish me
- Confusion about God
- Feeling unaccepted by God
- Failure with God
- Feeling abandoned by God
- Inability to get to church

### Self-Esteem

- Being overweight
- Being underweight
- Being noticed for physical appearance
- Eating too much
- Feeling unattractive
- Hating Self
- Identity Issues
- Poor eating habits

### Guilt

- Being careless
- Cheating
- Feeling ashamed of something
- Getting into trouble
- Giving into temptation
- Involved in inappropriate relationship
- Lacking self-control
- Not being honest with others
- Not taking things seriously
- Stealing from others
- Unable to stop bad habit
- Use of pornography
- Unexpected Pregnancy

### Other (Please specify):

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## In your opinion, which of the following is most applicable?

- \_\_\_\_\_ This is a concern that would probably be resolved with one meeting. It is just a consultation or discussion to get some input from a third party. I'd like to see someone as soon as possible, but this isn't an emergency.
- \_\_\_\_\_ This is a concern that will probably require several sessions. I've been thinking about it for a while. I'd like to start as soon as possible (within one to two weeks).
- \_\_\_\_\_ This is a concern that will probably require several sessions. The situation is urgent; I need to speak with someone within the next 24 hours.