



Judith Heckenlaible-Habig, PhD, LISAC, LAC, CTPP, NBCC



CONFIDENTIAL INDIVIDUAL INTAKE FORM

(Please fill out completely and bring to first appointment)

Name _____ Date _____

Address _____ City _____ State ____ Zip _____

Date of Birth ____/____/____ Male ____ Female ____

Home Telephone _____ Cell _____

Email _____ Referred by _____

If we needed to contact you: Preferred Phone Text Email Alright to leave message? Yes No

School: Highest grade completed _____ Degrees earned _____

Marital Status: Single Married Divorced Separated Dependent children: Number _____

If you were previously married please give one word explanation for separation _____

How many siblings? Brothers Sisters

Your vocation: Present _____ Employer _____

Spouses vocation: _____ Employer _____

Do you use alcohol? Yes No If so, how many drinks per day? _____

Recreational drugs? If so, what _____ How often? _____

Have you seen a professional counselor before? Yes No Was there a diagnosis? _____

Is there a history of mental illness in your family? Yes No Explain _____

On a scale of 1 to 10 with 1 (no concern) and 10 (a lot of concern), how would you describe your concern for:

Diet Exercise Rest Spirituality

Are you currently under a physician's care? Yes No Do you sometimes feel depressed? Yes No

Current Medications: _____

Do you have cravings that are difficult for you to control? What? _____

Do you have trouble sleeping? Yes No Do you take medication for sleep? If yes, what? _____

On a scale of 1 to 10, 1 (abstinence) to 10 (very fulfilling), where would you rate your love life today?

Have you ever been physically beaten or sexually molested? If so, briefly, the circumstances _____

Did you live with both your biological parents? Yes No How would you describe your childhood and upbringing?

Which of the following emotions have you or are you presently having difficulties controlling?

Frustration	___	Anger	___	Anxiety	___	Feeling unloved	___
Loneliness	___	Depression	___	Feelings of worthlessness	___	Bitterness	___
Hatred	___	Fear of death	___	Suicide	___	Fear of hurting someone	___

Do you feel like you can express your emotions? I can

Easily express them	___	express some but not all	___
Suppress my emotions	___	not say, it is not safe to express them	___
Others disregard how I feel	___	My feelings are too painful to deal with	___

Reason for seeking counsel _____

Disclosure. Read and sign below

About your therapist: Dr. Judith Heckenlaible-Habig is a Licensed Substance Abuse Counselor and Licensed Professional Associate Counselor in the State of Arizona and a nationally accredited NBCC counselor. She has a Master of Science in Professional Counseling degree and a Master of Science in Addiction Counseling degree from Grand Canyon University as well as PhD Doctorate in The Philosophy of Clinical Christian Counseling from Cornerstone University. Dr. Judith interned at renowned The Meadows Recovery Center. Dr. Judith approaches counseling from an integrative theological orientation working collaboratively with clients to determine treatment goals and plans. Dr. Judith is a preferred counselor by Psychology Today and Focus On The Family.

Fees: The fee is \$150 for Intake Assessments. Regular session fee is \$95 per 50 minute session for individuals. Sessions with more than one individual client may incur additional fees. Fees will be remitted at the end of each session by cash, check, or credit card.

Guarantee: There is no guarantee in therapy. You may experience more emotional pain while working on deep issues. The therapeutic work is intended to increase insight and quality of life. All issues are met with the utmost care, respect, and honesty.

Confidentiality: All the work done in the consultation room and within the therapeutic relationship is confidential. Who you are, what you say and what you do will be held in the strictest confidence and the greatest respect with the only following exceptions mandated by federal and state regulations: (1) Intent to harm self or intent to harm others. If you state the intention to harm a reasonably identifiable victim or if you have a serious plan to harm or kill yourself, this must be reported to the local police. (2) Child abuse. If there is a report of any ongoing physical, emotional, sexual abuse or neglect of a child, it will be reported to Child Protective Services. (3) Dependent/Elder Abuse will be reported to Adult Protective Services (4) A signed letter of release of confidentiality. (5) A court of law may subpoena records.

Social Media: There is growing concern regarding confidentiality due to information consciously or unconsciously revealed on social media. This office will not use social technology to investigate or gain knowledge of any client. Dr. Judith does have accounts on Facebook, Twitter, and Instagram but only publishes general information about upcoming events or general encouragement. Also, Dr. Judith maintains a very public presence. You may find her at some event and very accessible. To protect your confidentiality, Dr. Judith **cannot** initiate public contact. If you wish to greet Dr. Judith in public, you will have to initiate the contact and Dr. Judith will happily recognize you. Finally, this office regularly sends reminders or messages by text or email. If you do not wish to be contacted this way, please inform Dr. Judith and check one of the following: Do not contact me by email or text. Text me

Note: We may discuss our work together with another licensed therapist or colleague for supervision purposes. If this occurs, your identity will be disguised. Before any of these reports are made, you would be aware if at all possible.

Termination: You have the right to terminate therapy at any time. It is recommended that there be at least 6 sessions prior to terminate for closure. We may terminate you if payment is not made or you refuse to follow therapeutic recommendations such as remaining sober, filling prescriptions, etc. At that time, you will be given 3 recommendations for continued care.

Accessibility: If time or attention needs to be given between sessions, please leave a message on Voicemail and she will return your call within 24 hours. If a more **severe emergency arises, please call 911.**

Policy: A complete statement of Policy may be downloaded from our website www.DrJudith.Info or AssistCounseling.com.

I understand and agree to the provisions above.

Printed Name

Signature

Date