



Please fill in the information below and bring it with you to your first session. Note: information provided on this form is protected as confidential information.

PERSONAL INFORMATION

Name: _____ Date: _____

Parent/Legal Guardian (if under 18): _____

Address: _____

Home Phone: _____ May we leave a message? Yes No

Cell/Work/Other Phone: _____ May we leave a message? Yes No

Email: _____ May we leave a message? Yes No

**Please note: Email correspondence is not considered to be a confidential medium of communication.*

DOB: _____ Age: _____ Gender: _____

Relationship Status: Never Married Domestic Partnership Married

Separated Divorced Widowed Other

How did you find us: _____

HISTORY

Have you received any type of mental health services (counseling, psychiatric services)? No Yes

Previous therapist/practitioner: _____

Are you currently taking any prescription medication? Yes No If yes, please list:



Have you ever been prescribed psychiatric medication? Yes No If yes, please list and provide dates:

GENERAL AND MENTAL HEALTH INFORMATION

1. How would you rate your current physical health? (Please circle one)

Poor Unsatisfactory Satisfactory Good Very good

Please list any specific physical problems you are currently experiencing:

2. How would you rate your current sleeping habits? (Please circle one)

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 do you participate in? _____

4. Please list any difficulties you experience with your appetite or eating problems: _____

5. Are you currently experiencing 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 experiencing any chronic pain? No Yes

If yes, please describe: _____

8. Do you drink alcohol more than once a week? No Yes

9. How often do you engage in recreational drug use? Daily Weekly Monthly Infrequently Never

10. Are you currently in a romantic relationship? No Yes If yes, for how long? _____

On a scale of 1-10 (1 = poor - 10 = exceptional), how would you rate your relationship? _____

11. Have you experienced any significant life changes or stressful events recently? No Yes

Please explain: _____

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 (e.g. father, grandmother, uncle, etc.)

Alcohol/Substance Abuse No Yes Family member _____

Anxiety No Yes Family member _____

Depression No Yes Family member _____

Domestic Violence No Yes Family member _____

Eating Disorders No Yes Family member _____

Obesity No Yes Family member _____

Obsessive Compulsive Behavior No Yes Family member _____

Schizophrenia No Yes Family member _____

Suicide Attempts No Yes Family member _____



ADDITIONAL INFORMATION

1. Are you currently employed? No Yes

If yes, what is your current employment situation? _____

Do you enjoy your work? Is there anything stressful about your current work? _____

2. Do you consider yourself to be spiritual or religious? No 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 weaknesses? _____

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