

Remembering Love

New Client Intake Form

Client Information

Please list your details about you. Each person attending will need to complete this form separately.

Name: _____ Age: _____
Biological Sex: _____ Gender Pronouns: _____

Please provide the location where you currently reside.

Address: _____
City: _____ State: _____ Zip: _____

Please provide information on how to best contact you via text or email.

Mobile Phone #: _____
Preferred Email Address: _____

What is your current profession or job:

How do you identify culturally: _____
What is your religious or spiritual affiliation: _____

Please describe your immediate family.

Partner/Spouse Name: _____ Number Years Together: _____
Children's Names and Ages: _____

Emergency Contact Person: _____ Phone Number: _____

If you are currently seeing a therapist or mental health provider, please provide the following:

Provider Name: _____ Phone or Email: _____
What are you currently working on: _____

How did you initially hear about my work?

Areas of stress or challenge in your life or relationships

(Note: This is not a clinical assessment. This information below helps me support you in a way that feels safe and appropriate.)

	YOU	SPOUSE	CHILDREN
<p>Emotional or psychological challenges Experiences such as ongoing anxiety, low mood, attention difficulties, or other challenges that may impact focus, communication, or participation.</p>			
<p>Past experiences that still affect you today This can include experiences such as abuse, coercion, violence, or other events that continue to influence how you feel or relate to others.</p>			
<p>Safety concerns related to self-harm Any past or current experiences with thoughts of harming yourself or feeling unsafe within yourself.</p>			
<p>Patterns of coping that may feel hard to control This might include alcohol or substance use, compulsive behaviors (such as spending, pornography, gambling, etc.), or other habits that affect daily life or relationships.</p>			
<p>Relational safety concerns Any history of physical harm, threats, or ongoing patterns that make it difficult to feel emotionally or physically safe in the relationship.</p>			
<p>Physical, cognitive, or developmental differences Any conditions, disabilities, or differences that may affect communication, energy, or how you engage in sessions.</p>			
<p>Relationship agreements or breaches of trust Past or current experiences of infidelity, secrecy, or broken agreements that may still be impacting the relationship.</p>			

Additional Information

Please describe the central challenge you are facing in your life or relationships. Where do you feel you are stuck? What is most painful or difficult today?

What you see as the main causes or reasons behind your challenges?

What are your personal goals/objectives for our work together? What changes would make a difference to you?

Briefly describe what you feel is in the way of achieving your goals/objectives?

Is there anything else that I need to know to help you? Any other complicating factors?

Informed Consent for Treatment

Remembering Love LLP / Chris Smith RLT-C, SSC

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I'm honored that you've chosen to work with me. This document is here so you'll know exactly what to expect from our work together, how I practice, the limits of my role, and your rights as a client. Please read it through, and if anything feels unclear, just ask — I'm happy to explain or address any concerns you may have.

About My Role

I'm certified in Relational Life Therapy (RLT) and Somatica® Institute Sex and Intimacy Coaching, and I have advanced training in Mindful Self-Compassion (MSC), Coherence Therapy, and somatic-based approaches to trauma. My work focuses on helping people strengthen relationships, improve communication, and build emotional and sexual intimacy.

It's important to know that I am not a licensed mental health provider in Texas. That means I cannot diagnose mental health conditions, provide psychotherapy, or prescribe medication. While many of the methods I use are therapeutic in nature, coaching is different from traditional therapy in its focus on personal and relational discovery and growth. If we find that your needs go beyond my scope, I will help you connect with a qualified licensed provider.

What Coaching Looks Like

In our sessions, we'll explore your relationship patterns, emotional experiences, and ways of connecting. We might talk about your personal history, practice communication tools, or work with mindfulness and self-awareness exercises. You are always in control so if something doesn't feel right for you, you can pause or skip it at any time, and I'll respect that completely.

Sessions are usually 50–60 minutes (or 90 minutes if preferred), held on Zoom unless we make other arrangements. Many clients meet every two weeks, but we can adjust based on your needs. Sessions may be couples based, or involve just one person, depending on the need at the time.

How I Use Technology

Most of my sessions take place on Zoom, and I use Zoom's AI recording and summarization feature. This allows me to stay fully present with you instead of focusing on taking detailed notes in real time. These summaries are used only for my own session note-taking and organization.

I store all electronic records and summaries on a password-protected computer that only I can access. Any paper records are stored securely as required by Texas law. Email and text messaging are available for scheduling or simple communication, but these are **not** encrypted. For your privacy, please avoid sending confidential or sensitive information via email or text. I do not use voicemail or leave recorded voice messages for clients.

My Commitment to Inclusion

I welcome and work with clients of all gender identities, sexual orientations, races, cultural backgrounds, religious traditions, and relationship styles. I am committed to providing a non-judgmental space where you feel safe to explore your needs and experiences.

I also recognize that systems of power and oppression exist in our society, and that — as a white, heterosexual male — I benefit from privileges that others may not. I acknowledge this openly, seek to understand the unique perspectives of each client, and commit to honoring your lived experience. My goal is to provide a safe and affirming space where healing and growth can happen free from repression or discrimination.

Therapeutic Methods I Use

My approach integrates several evidence-based and experiential methods. You can read more detail at www.remembering-love.com/approach, but here is a brief overview of the key benefits of each:

Relational Life Therapy (RLT): Helps identify and shift unhealthy relational patterns, understand the root causes of conflict, and build skills for mutual respect and closeness.

Emotionally Focused Therapy (EFT): Focuses on how attachment patterns drive reactions in relationships, helping you recognize deeper needs beneath conflict and build stronger emotional connection and security.

Mindful Self-Compassion (MSC): Supports healing from shame, building healthy self-esteem, and creating space for vulnerability in relationships.

Somatic Based Exercises: Work with the wisdom of the body to build awareness of triggers, support emotional regulation, and create more choice and freedom in how you respond to situations.

Confidentiality and Its Limits

What you share with me stays private, with a few exceptions required by Texas law. I must break confidentiality if:

- You are in immediate danger of harming yourself or someone else.
- You threaten serious physical harm to another person and have the means and intent.
- I suspect abuse or neglect of a child, elder, or dependent adult.
- A court orders me to release records, or I receive a lawful subpoena.

If I consult with another professional for your benefit, I will only share personally identifiable details with your written permission. If I am working with one person within an individual session, topics discussed during that session are held in confidence with just that person.

Fees and Cancellations

My current rates are \$190 for a 60-minute session and \$250 for 90 minutes. I do not take insurance, and you should not expect reimbursement. Payment is due at the time of service via PayPal, Venmo, or Zelle. If you need to cancel or reschedule, please let me know at least 24 hours in advance to avoid being charged for the session. If you are more than 15 minutes late to a session the session will need to be rescheduled.

The Ups and Downs of Change

Coaching can be exciting and deeply rewarding, but it can also stir up strong emotions or lead to unexpected changes in your relationships. While I'll do my best to support your goals, I can't promise specific results — growth is a personal process that depends greatly on the active participation of all parties involved.

Emergencies

I don't provide emergency or crisis services. If you are in immediate danger or having a mental health crisis, please call **911** or **988** (Suicide & Crisis Lifeline) or go to your nearest emergency department.

Acknowledgment and Agreement

By signing this, you're saying you understand:

- I am not a licensed mental health provider.
- Coaching is not a substitute for psychotherapy or other health care for mental health related issues.
- The limits of confidentiality and mandated reporting requirements for Texas.
- The use technology as part of our work together and record keeping.

- My commitment to inclusivity and providing a safe space.
- That you are responsible for your own well-being and choices in this process.

You're also agreeing to release me from any liability for harm, loss, or injury related to your participation in coaching, to the fullest extent allowed by law.



Christopher Smith
Practitioner, Remembering Love

Signed by Client

Printed Name