

Date: \_\_\_\_\_ DOB \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip code \_\_\_\_\_

Do I have permission to mail to this address?

Email address \_\_\_\_\_ Do I have permission to send emails?

Home Phone \_\_\_\_\_ Work phone \_\_\_\_\_

Do I have permission to contact you at home? \_\_\_\_\_

If not, then how can I contact you? \_\_\_\_\_

Living situation: own home \_\_\_ rent \_\_\_ live with \_\_\_\_\_

Are you currently under medical care? \_\_\_\_\_

If yes, then please explain/describe \_\_\_\_\_

Name of primary physician \_\_\_\_\_ Phone \_\_\_\_\_

Are you currently taking prescribed medications? \_\_\_\_\_

If yes, then please explain/describe \_\_\_\_\_

Have you been under the care of a psychiatrist, psychologist, or counselor? \_\_\_\_\_

If yes, please give the name, date, and location of the therapy and briefly describe the nature of the problem \_\_\_\_\_

What do you hope to accomplish in therapy? \_\_\_\_\_

\_\_\_\_\_

Emergency Contact/Relation \_\_\_\_\_ Phone \_\_\_\_\_

Coping strategies: Hobbies \_\_\_\_\_

Social support network \_\_\_\_\_

\_\_\_\_\_

Coping skills \_\_\_\_\_

Please check all the following struggles that pertain to you:

Anxiety\_\_\_\_ Sexual problems\_\_\_\_ Finances\_\_\_\_ Depression\_\_\_\_ Suicidal thoughts\_\_\_\_

Drug/alcohol use\_\_\_\_ Fears/phobias\_\_\_\_ Separation/divorce\_\_\_\_ Self-control\_\_\_\_

Eating disorders\_\_\_\_ Relationship concerns\_\_\_\_ Unhappiness\_\_\_\_ Career choices\_\_\_\_

Anger\_\_\_\_ Insomnia\_\_\_\_ Health problems\_\_\_\_ Thought patterns\_\_\_\_ Work/stress\_\_\_\_

Cutting/self-mutilation\_\_\_\_ Child abuse\_\_\_\_ Pornography\_\_\_\_ Grief/loss\_\_\_\_

Family issues\_\_\_\_ Sexual identity issues\_\_\_\_

Is there anything else you feel I should know before we begin? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Client's signature

\_\_\_\_\_  
Date