



Name: _____ Age: _____ Relationship: _____

(Last) (First) (Middle Initial)

Name of parent/guardian (if you are a minor):

(Last) (First) (Middle Initial)

Birth Date: ____ / ____ / ____ Age: _____ Gender: Male Female

Marital Status:

Never Married Partnered Married Separated Divorced Widowed

Number of Children: _____

Family Composition: (Please list family members residing in your home)

Name: _____ Age: _____ Relationship: _____

Name: _____ Age: _____ Relationship: _____

Name: _____ Age: _____ Relationship: _____

Name: _____ Age: _____ Relationship: _____

Name: _____ Age: _____ Relationship: _____

Local Address: _____

(Street and Number)

(City) (State) (Zip)

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

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

E-mail: _____ May we email you? Yes No

*Please be aware that email might not be confidential.

Referred by: _____

Are you currently receiving psychiatric services, professional counseling or psychotherapy elsewhere? Yes No

Have you had previous psychotherapy?

No Yes (If yes please list therapist name)

Previous therapist's name: _____ Dates: _____

Previous therapist's name: _____ Dates: _____

Are you currently taking prescribed psychiatric medication (antidepressants or others)?

Yes No If Yes, please list: _____

If no, have you been previously prescribed psychiatric medication?

Yes No If Yes, please list: _____

HEALTH AND SOCIAL INFORMATION

1. How is your physical health at present? (please circle)

Poor Unsatisfactory Satisfactory Good Very good

2. Please list any persistent physical symptoms or health concerns (e.g. chronic pain, headaches, hypertension, diabetes, etc.):

3. Are you having any problems with your sleep habits? No Yes

If yes, check where applicable:

Sleeping too little Sleeping too much Poor quality sleep Disturbing dreams

Other _____

4. How many times per week do you exercise? _____

Approximately how long each time? _____

5. Are you having any difficulty with appetite or eating habits? No Yes

If yes, check where applicable: Eating less Eating more Binging

Restricting

Have you experienced significant weight change in the last 2 months?

No Yes

6. Do you regularly use alcohol? No Yes

In a typical month, how often do you have 4 or more drinks in a 24-hour period? _____

7. How often do you engage in recreational drug use?

Daily Weekly Monthly Rarely Never

8. Have you had suicidal thoughts recently? Frequently Sometimes

Rarely Never

Have you had them in the past? Frequently Sometimes Rarely Never

9. Are you currently in a romantic relationship? No Yes

If yes, how long have you been in this relationship? _____

On a scale of 1-10, how would you rate the quality of your current relationship? _____

10. In the last year, have you experienced any significant life changes or stressors:

No Yes (If yes please list)

Have you ever experienced:

Extreme depressed mood: No Yes

Wild Mood Swings: No Yes

Rapid Speech: No Yes

Extreme Anxiety: No Yes

Panic Attacks: No Yes

Phobias: No Yes

Sleep Disturbances: No Yes

Hallucinations: No Yes

Unexplained losses of time: No Yes

Unexplained memory lapses: No Yes

Alcohol/Substance Abuse: No Yes

Frequent Body Complaints: No Yes

Eating Disorder: No Yes

Body Image Problems: No Yes

Repetitive Thoughts (e.g., Obsessions) : No Yes

Repetitive Behaviors (e.g., Frequent Checking, Hand-Washing) : No Yes

Homicidal Thoughts: No Yes

Suicide Attempt: No Yes

In the past year have you been to the emergency department for mental health evaluation or psychiatric hospitalization? No Yes (If yes please explain)

OCCUPATIONAL INFORMATION:

Are you currently employed? No Yes

If yes, who is your current employer/position?

If yes, are you happy at your current position?

Please list any work-related stressors, if any:

RELIGIOUS/SPIRITUAL INFORMATION:

Do you consider yourself to be religious? No Yes

If yes, what is your faith?

If no, do you consider yourself to be spiritual? No Yes

FAMILY MENTAL HEALTH HISTORY:

Has anyone in your family (either immediate family members or relatives) experienced difficulties with the following? (Check any that apply and list family member, e.g., Self, Sibling, Parent, Uncle, etc.):

Difficulty Family Member

Depression: No Yes _____

Bipolar Disorder: No Yes _____

Anxiety Disorders: No Yes _____

Panic Attacks: No Yes _____

Schizophrenia: No Yes _____

Alcohol/Substance Abuse: No Yes _____

Eating Disorders: No Yes _____

Learning Disabilities: No Yes _____

Trauma History: No Yes _____

Suicide Attempts: No Yes _____

Trauma History:

Please list any traumatic events or losses you or your family has endured in the past 6 months:

Have you or a member of your family been exposed to verbal or physical abuse in the last year? (If yes please describe)

No Yes

Are there any weapons in the home? No Yes (If yes please list)

LEGAL HISTORY:

Are you or any of your family members currently experiencing any legal difficulties (PINS, probation, divorce, custody, arrest etc)

No Yes (If yes please describe)

OTHER INFORMATION:

What do you consider to be your strengths?

What do you like most about yourself?

What are effective coping strategies that you've learned?

What are your goals for therapy?
