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Please provide the following information and answer the questions below. Please note: information you provide here is protected as confidential information.

Please fill out this form and bring it to your first session.

Name: _____

(Last) (First) (Middle Initial)

Name of parent/guardian (if under 18 years):

(Last) (First) (Middle Initial)

Birth Date: ____ / ____ / ____ Age: ____ Gender: Male Female Marital Status:

Never Married Domestic Partnership Married Separated Divorced Widowed

Please list any children/age: _____

Address: _____

(Street and Number)

(City)

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

Referred by (if any): _____

(State) (Zip) May we leave a message? Yes No

May we leave a message? Yes No E-mail:

_____ May we email you? Yes No

Home Phone: () Cell/Other Phone: ()

Have you previously received any type of mental health services (psychotherapy, psychiatric services, etc.)?

No

Yes, previous therapist/practitioner: _____

Are you currently taking any prescription medication? Yes

No

Please list:

Have you ever been prescribed psychiatric medication? Yes

No

Please list and provide dates:

GENERAL HEALTH AND MENTAL HEALTH INFORMATION 1. How would you rate your current physical health? (please circle)

Poor Unsatisfactory Satisfactory Good Very good Please list any specific health problems you are currently experiencing:

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

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 to you participate in: _____

4. Please list any difficulties you experience with your appetite or eating patterns.

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 recreational drug use? Daily Weekly Infrequently

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

 Monthly Never

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

11. What significant life changes or stressful events have you experienced recently:

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 (father, grandmother, uncle, etc.).

- Alcohol/Substance Abuse Anxiety
- Depression
- Domestic Violence Eating Disorders
- Obesity
- Obsessive Compulsive Behavior Schizophrenia
- Suicide Attempts

ADDITIONAL INFORMATION:

1. Are you currently employed? No Yes

If yes, what is your current employment situation:

Please Circle yes/no

yes/no yes/no yes/no yes/no yes/no yes/no yes/no

List Family Member

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 weakness?

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