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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: _____

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

Birth Date: ____ / ____ / ____ Age: ____ Sex ____ Gender Id  _____

Address: _____

(Street and Number)

(City) (State) (Zip)

Referred by (if any): _____ Home Phone: () Cell/

Other Phone: () _____

May I leave a message? Yes No

May I text? Yes No

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

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 do 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 twice 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:

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?

6. Is there anything else you think I need to know about you that has not been asked?