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ADULT INTAKE FORM

GENERAL INFORMATION

Please provide the following information and answer the questions. Information you provide here is protected as confidential information. Please fill out this form and bring it to your first session.

Name: _____ Today's Date: _____

Your age: _____ Date of Birth (DOB): _____

Address: _____

Spouse or Partner's Name (if applicable): _____

Home phone: _____ May I leave a message? Yes No

Cell phone: _____ May I leave a message? Yes No

Work phone: _____ May I leave a message? Yes No

Email: _____ May I email you? Yes No

(For appointment scheduling purposes only, as email not considered a confidential medium of communication).

How were you referred to this practice? _____

May I contact the agency/person to thank them for referring you? Yes No Please initial: _____

What is the main reason you're seeking help? (Please include how long you've had these symptoms or problems): _____

What are your goals for therapy? _____

HEALTH & MENTAL HEALTH INFORMATION

Do you currently have any medical problems? _____

Have you ever been treated for any of the following? If so please circle and describe:
Head injury, strokes, seizures, fainting, loss of consciousness, neurologic conditions (Multiple sclerosis, Parkinson's), cancer, headaches, diabetes/kidney, allergies, chronic fatigue, high fevers, surgeries, any other conditions:

Have you previously seen a therapist or psychiatrist? If so, what year? Who did you see and for what reason? About how many meetings did you have? Was the experience helpful or not? How so?

Have you ever been hospitalized for medical or mental illness? If so, list when, where, & reason:

Please list current prescription medications with dosage (psychiatric and general health):

Please list any previous psychiatric medications (with dosage and dates): _____

Do you drink alcohol or use recreational drugs? If so, what kind and how often? _____

Do you or anyone close to you consider your substance use to be a problem? Yes No

Who is your primary care physician? _____

Who is your psychiatrist (if applicable)? _____

When was your last complete physical exam (month/year)? _____

How many times a week do you exercise? _____ What type and how many minutes? _____

YOUR FAMILY GROWING UP (Family of Origin)

	Parent/Primary Caregiver	Parent/Primary Caregiver
Name, Current age, or If deceased date, age, and cause of death		
Relationship (ie: mother, step mother, grandmother, foster parent, etc.)		
Religious/Spiritual Affiliation (if any)		
Use 3 adjectives or more to describe <u>each</u> primary caregiver		
How did you and <u>each</u> primary caregiver get along when you were growing up? Give some examples of things that you did together & feelings you had.		
Use 3 adjectives or more to describe the adult relationships you observed as a child		
How did your parents get along? What were any things they disagreed over?		
Years married or together		
If divorced or not together, your age at divorce		
Reason for divorce/split		
Describe your relationship with step-parents (if any)		
List anyone else who lived with you <u>or</u> regularly cared for you		
Were you adopted? Age?	If so, please write any relevant information about your biological parents.	
List any major problems in your family growing up:		

Siblings

Please list all of your brothers and sisters in the order of birth (include siblings that are biological, half, step, adopted, etc.)

First name	Relationship	Current Age	Gender	Married or Partnered? (Yes/No)	Describe your relationship in a few words

Yourself

Where were you born? _____

Where did you live most of your childhood? _____

What was the highest grade of education you completed? _____

When you were a child, did <u>you</u> struggle with any of the following:	Yes	No	Age
Learning disabilities			_____
Hyperactivity			_____
Bed wetting			_____
School fears			_____
Teasing/Bullying			_____
Eating disorders			_____
Witnessing violence in the home			_____
Sexual, physical or emotional abuse			_____

If so, at what age and by whom? _____

FAMILY MENTAL HEALTH HISTORY

In the section below identify if any members of your family and extended family has a history of any of the following. If yes, please indicate the family member’s relationship to you in the space provided.

_____	Please circle	List Family Member(s)
Anxiety (general)	Yes No	
Obsessive Compulsive Behavior	Yes No	
Depression	Yes No	
Suicide Attempts	Yes No	
Bipolar/Manic Depressive	Yes No	
Alcoholism/Substance Abuse	Yes No	
Domestic Violence	Yes No	
Eating Disorders	Yes No	
Obesity	Yes No	
Schizophrenia	Yes No	
Counseling or Psychotherapy	Yes No	
Psychiatric Hospitalizations	Yes No	

CURRENT FAMILY, SOCIAL SUPPORTS, OCCUPATION & LIFE INTERESTS/ACTIVITIES

Intimate Relationships & Social Supports

Are you currently married? Yes No How long? _____

Are you currently partnered/in a romantic relationship? Yes No How long? _____

Do you have any concerns about your current marital or romantic relationship(s) that you would like to discuss? If so what are they?

Are you currently separated or divorced? Yes No How long? _____

If you and your former spouse/partner have children together, please describe your current custody & visitation schedule (if any) and the status of your communication: _____

Please describe your social relationships. Do you have friends and/or extended family? Go out for fun? Socialize? Whom can you turn to for emotional and other forms of support?

Children

Please list your biological, adopted, foster, and/or stepchildren (if applicable)

First name	Relationship to you	Current Age	School grade?	Gender	Lives with you? (Yes/No)	Describe your relationship in a few words

Employment and/or Current Educational Situation

Are you currently employed? Yes No Are you currently a student? Yes No

Please describe your current work or academic situation: _____

Do you enjoy your work/school? Is there anything stressful about it? _____

Interests/Activities/Spirituality

What are some of your interests & activities? _____

Do you consider yourself spiritual or religious? Yes No

Is so, describe your spirituality/faith and you level of participation in a faith-based group (if applicable) :_____

How much are each of the following areas currently a problem for you?

	Not at all	A little	Somewhat	Considerably	Terribly
	1	2	3	4	5
Anxiety	1	2	3	4	5
Physical Problems	1	2	3	4	5
Sleep Problems	1	2	3	4	5
Depression	1	2	3	4	5
Alcohol or Substance Abuse	1	2	3	4	5
Family Conflicts	1	2	3	4	5
Marital Conflicts	1	2	3	4	5
Social Relationships	1	2	3	4	5
Job/School	1	2	3	4	5
Sexual Problems	1	2	3	4	5
Spiritual/religious	1	2	3	4	5
Legal Problems	1	2	3	4	5
Eating Disorder/Struggles	1	2	3	4	5
Abuse (physical, emotional, sexual)	1	2	3	4	5

Have you experienced any unusually severe stresses during the last year? Yes No

If yes, please describe: _____

What do you consider to be your strengths? _____

What do you consider to be your areas of needed growth? _____

Is there any other information you'd like to add? _____
