

How long do you expect to be in therapy in order to accomplish these goals (or at least feel like you have the tools to accomplish them on your own)? _____

**The following information on this form will help guide your treatment.
Please try to fill out as much as you are comfortable disclosing.**

MEDICAL HISTORY:

Please explain any significant medical problems, symptoms, or illnesses: _____

Current Medications (if you need more room, please write on the back of this page):

Name of Medication	Dosage	Purpose	Name of Prescribing Doctor

Do you smoke or use tobacco? YES NO If YES, how much per day? _____

Do you consume caffeine? YES NO If YES, how much per day? _____

Do you drink alcohol? YES NO If YES, how much per day/week/month/year? _____

Do you use any non-prescription drugs? YES NO

If YES, what kinds and how often? _____

Have any of your friends or family members voiced concern about your substance use? YES NO

Have you ever been in trouble or in risky situations because of your substance use? YES NO

Previous medical hospitalizations (Approximate dates and reasons):

Previous psychiatric hospitalizations (Approximate dates and reasons):

Have you ever talked with a psychiatrist, psychologist, or other mental health professional? YES NO

(Please list approximate dates and reasons):

Age _____ Gender _____

EDUCATION & CAREER

Education level:

High School/GED ____ College Degree ____ Graduate Degree (or Higher) ____ Vocational Degree ____

Current employer: _____

Position: _____

Employment Satisfaction: 1 2 3 4 5 6 7
POOR EXCELLENT

PLEASE CHECK ALL THAT APPLY TO YOU & **CIRCLE** THE MAIN PROBLEM:

Difficulty with:	Now	Past		Difficulty with:	Now	Past		Difficulty with:	Now	Past
Anxiety →				People in general →				Nausea →		
Depression				Parents				Stomach aches		
Mood changes				Children				Fainting		
Anger/Temper				Marriage/Partnership				Dizziness		
Panic				Friends				Diarrhea		
Fears				Co-workers				Shortness of breath		
Irritability				Employer				Chest pain		
Concentration				Finances				Lump in throat		
Headaches				Legal problems				Sweating		
Loss of memory				Sexual concerns				Heart problems		
Excessive worry				History of child abuse				Muscle tension		
Feeling manic				History of sexual abuse				Pain in joints		
Trusting others				Domestic violence				Allergies		
Communicating with others				Thoughts of hurting someone else				Often makes careless mistakes		
Drugs				Hurting self				Fidgets frequently		
Alcohol				Thoughts of suicide				Speak without thinking		
Caffeine				Sleeping too much				Waiting your turn		
Frequent vomiting				Sleeping too little				Completing tasks		
Eating problems				Getting to sleep				Paying attention		
Severe weight gain				Waking too early				Easily distracted by noises		
Severe weight loss				Nightmares				Hyperactivity		
Black outs				Head injury				Chills or hot flashes		

FAMILY HISTORY OF (Check all that apply):

Drug/alcohol Problems			Physical abuse			Depression	
Legal trouble			Sexual abuse			Anxiety	
Domestic violence			Hyperactivity			Psychiatric hospitalization	
Suicide			Learning disabilities			“Nervous breakdown”	

If you checked any “family history”, please explain your relationship to the person or people:

Any additional information you would like to include:
