# KRISTINA K. ROBERTS

# COUNSELING INTAKE FORM - PRIVATE AND CONFIDENTIAL

			DATE
PERSONAL INFORMATION			
	FULL LEGAL N	IAME	DATE OF BIRTH
	WHAT YOU LIKE TO BE CALLED	AGE	SSN
	STREET ADDRESS		CITY
STATE	ZIP		OKAY TO MAIL?
	EMAIL		OKAY TO EMAIL?
	HOME PHONE		OKAY TO CALL?
	CELL PHONE	C	KAY TO CALL/TEXT?
	EMER	GENCY CONT	ACT NAME & PHONE
	EMERGE	NCY CONTAC	T RELATION TO YOU
	REF	ERRAL SOUR	CE TO COUNSELING

Please briefly describe the reason you are seeking counseling services and what goals you hope to achieve in therapy:



# PERSONAL INFORMATION

 Please answer the following questions by circling: 5 – Excellent, 4 – Good, 3 – Average, 2 – Poor, 1 – Failing

 How would you currently rate your physical health?
 1
 2
 3
 4

 How would you currently rate your mental health?
 1
 2
 3
 4

 If applicable, how would you currently rate your spiritual health?
 1
 2
 3
 4

Please briefly describe any faith practice you engage in and/or faith community you are a part of:

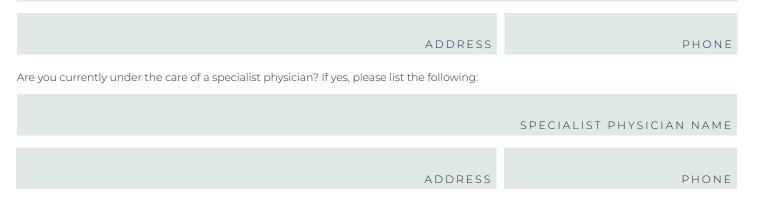
Do you hope to incorporate faith/spirituality into your counseling process? If yes, please describe how you would like to do so:

#### PRIMARY CARE PROVIDER

5

5

5



Have you ever or are you currently experiencing difficulties with any of the following health concerns? Please check all that apply:

Asthma	Fibromyalgia		Vision problems		
Allergies	Heart disease		Hearing problems		
Brain/Head Injury	Thyroid disorder		Diabetes		
Digestive concerns	Hearing problems		Seizures		
Respiratory concerns	Multiple sclerosis		Cancer		
High blood pressure	Epilepsy		Headaches		
High cholesterol	Autoimmune complications		Tuberculosis		
Chronic fatigue	Sleep disturbance		Infertility		
Chronic pain	Sexually transmitted disease		Other		



Please list any prescription medications you are currently taking, including dosage information:

Please list any over the counter medications, vitamins, or supplements you are currently taking, including dosage information:

Are you currently or have you ever been pregnant? \_\_\_\_\_

NUMBER OF LIVE BIRTHS

NUMBER OF ABORTIONS

NUMBER OF ADOPTIVE PLACEMENTS

NUMBER OF MISCARRIAGES

Please list and provide the approximate date(s) of any surgeries you have had or serious accidents you have experienced:

#### MENTAL HEALTH HISTORY

Please briefly describe any self-care practices you currently utilize (exercise, mindfulness, etc):

Please list and describe the mental health symptoms you are currently experiencing, beginning with the most distressing:

Are you currently or have you ever been in counseling/therapy before? \_\_\_\_\_\_ If yes, please briefly describe your experience (approximate dates and duration of previous counseling, name of practitioner, type of counseling, effectiveness, etc.):



Have you ever engaged or are you currently engaging in self harm? \_\_\_\_\_\_ If yes, please list approximate dates and methods used:

Have you ever contemplated or are you currently contemplating suicide? \_\_\_\_\_ If yes, please list approximate dates and describe nature of contemplation:

Have you ever attempted suicide? \_\_\_\_\_ If yes, please list date(s), methods used, and any subsequent treatment received:

Have you ever or are you currently contemplating harming another person? \_\_\_\_\_ If yes, please explain:

Has anyone in your family or anyone close to you attempted and/or completed suicide? \_\_\_\_\_\_ If yes, please explain (person(s), relationship to you, date(s), method(s) used, etc.):

Please indicate substances you use currently (in the past 6 months) or have used in the past, along with amount and frequency of use and age you began using substance:

Substance	Current	Past	Amount/Frequency	Age at first use
Caffeine				
Alcohol				
Tobacco / nicotine / vaping				
Marijuana				
Crack/Cocaine				
Ecstasy				
Heroin				
Methamphetamines				
Sleep medications				
PCP/LSD/Mushrooms				
Pain killers				
Steroids				
Prescription Meds (not prescribed to you)				
Krocodil				
Kratom				
Other				

Has anyone else ever expressed concern about your substance use?

Have you ever participated in drug or alcohol treatment? \_\_\_\_\_ If yes, please list date(s) location,length, and type of treatment:

# FAMILY & RELATIONSHIP HISTORY

Please list the names, ages, and nature of relationship for each person with whom you currently live:

Name	Age	Nature of Relationship

Do you have children? \_\_\_\_\_\_ If yes, please list names and ages below (disregard this part if you already listed children above):

Name	Age	Name	Age

Please describe your sexual orientation, gender identity/expression, and preferred pronoun(s):



Are you currently in a romantic relationship? \_\_\_\_\_ If yes, please list name of person, relationship status, and length of time you have been together:

Were you adopted? \_\_\_\_\_\_ If yes, please list your age at time of adoption: \_\_\_\_\_\_

Were your parents married? \_\_\_\_\_ Divorced? \_\_\_\_\_ If divorced, your age at separation: \_\_\_\_

Please indicate whether you or an immediate family member experienced any of the following:

Event	Self	Other	Relation to you
Emotional abuse			
Physical abuse			
Physical/domestic abuse			
Substance abuse			
Neglect			
Serious illness/accident/injury			
Financial problems			
Frequent/multiple moves			
Legal problems			
Racial/ethnic discrimination			
Discrimination based on sexual preference/gender identification			
Marital infidelity			
Military			
Homelessness			
Other:			

# EDUCATION/VOCATIONAL HISTORY

Number of years of formal education completed: \_\_\_\_\_ Degree(s) achieved (mark all that apply):

High School Diploma	GED	Vocational/Trade School	Associates Degree	
Bachelors Degree	Masters Degree	Doctorate Degree	Other	

Are you currently employed? \_\_\_\_\_\_ If yes, please list name of employer, type of work, and length of time at current place of employment:

Have you ever served in the military? \_\_\_\_\_\_ If yes, please list branch, rank, deployment(s), and current states (active, discharged):

# LEGAL HISTORY

Have you ever been the victim of a crime? \_\_\_\_\_ If yes, please briefly describe:

Have you ever been convicted of a misdemeanor or felony? \_\_\_\_\_\_ If yes, please explain:

Are you currently involved in divorce, child custody, or other legal proceedings? \_\_\_\_\_\_ If yes, please explain:

# ADDITIONAL INFORMATION

Is there anything else you would like me to know about you prior to the start of therapy that would be helpful in discerning the best course of treatment?