

Confidential Intake Document:

Name:

Preferred name and pronouns:

City, State, Country where you reside:

Email address:

Phone number:

Permission to text (Yes or No):

Permission to leave a voice mail message (Yes or No):

Emergency Contact (Name, phone, email):

Reason for initiating therapy at this time:

Known medical conditions (psychological and physiological):

Prescribed medications and dosages:

Substances consumed over the last 60 days which alter your mood (examples include food, sugar, caffeine, alcohol, marijuana, tobacco, over the counter medications, or supplements, etc):

Have you had thoughts of harming yourself or others in the last 60 days?

Have any of those thoughts seemed convincing or actionable?

Has anyone caused harm to you with their words or actions in the last 60 days?

Adverse childhood [infancy-18 years] experiences including the death of a close loved one, house fire, motor vehicle accident, or robbery; being bullied, yelled at, physically struck, or sexually assaulted by loved ones, classmates, or strangers; or neglected due to the absence, preoccupation, or addiction of parents or surrogate? Did these situations occur in a single event or recur over time? At what age(s)?

Significant life-altering events, traumatic, health-related, or otherwise, in adulthood?:

Please give a brief, general description of the quality and types of foods and beverages you consume for meals and snacks including the frequency and quantity?

Briefly describe your sleep from one hour before bed to wake up?

Do you prefer time alone or with others? Do you have too much, too little, or just the right amount of time by yourself or with others? Are there people with whom you must regularly spend time that you do not like, are hard to get along with, or that seem to feel that way about you?

What activities do you engage for your health or self-care, broadly defined? Others you would like to engage, but lack the time, access, or motivation?

At what age were you independent of your parents' economic support? What sustains you economically now?

Describe the activity/ies from which you derive identity, purpose, or structure in your life?

What forms of play do you engage for joy, pleasure, or self-expression?