CLIENT INTAKE FORM

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Date of first appointment: _____ Patient DOB:_____
Name of patient (child if they are the main patient): _____
Parents names_____

Please take your time in providing the following information. The questions are designed to help me begin to understand you so that our time together can be as productive as possible. All information provided is confidential.

☐ Referred by: Medical Provider: _____
☐ Insurance Provider: _____
☐ My Website: www.staceybshapiro.com
☐ PsychologyToday
☐ Friend/Family: _____
☐ Other: _____

Have you previously received any type of mental health services? Yes No If yes, which of the following: Psychotherapy Medication Outpatient Hospitalizations Inpatient Hospitalization If yes, please provide:
Name of provider or facility:_____
Location:_____
Dates of treatment:_____
Reason for treatment:_____

Briefly, what brings you in today
☐When did your problem first start?
Within the last: ☐ 30 days ☐ 6--12 months ☐ 2 years ☐ During adolescence ☐ During childhood
☐ What areas of your life have been affected because of this problem?
☐ Are you currently experiencing overwhelming sadness, grief or depression? Yes No
If yes, for approximately how long? _____
Are you currently experiencing anxiety, panic attacks or have any phobias? Yes No If yes, when did you begin experiencing this? _____
Please describe any major losses or traumas you have experienced: What significant life changes or stressful events have you experienced recently? _____
What would you like to accomplish out of your time in therapy:

Family History
Where were you born? _____
Where did you grow up? _____
☐ City ☐ Suburbs ☐ Country

Please list your parents and siblings. Please use additional space on the back if needed

Name	Age	Relationship	Where do they live now?	If decease, age and cause of death

Who did you live with while growing up? _____

Mother's occupation: _____

Father's occupation? _____

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.).

Condition Pleas

Condition Please Circle	Please Circle	List Family Member
Alcohol/Substance Abuse	yes/no	
Anxiety	yes/no	
Depression	yes/no	
Domestic Violence	yes/no	
Sexual Abuse	yes/no	
Eating Disorders	yes/no	
Obesity	yes/no	
Obsessive Compulsive	yes/no	
Schizophrenia	yes/no	
Other diagnosed mental health condition:	yes/no	
Suicide Attempts	yes/no	

Marital Status

☐ Never Married ☐ Domestic Partner ☐ Married ☐ Separated ☐ Divorced -- For how long?
☐Widowed: Please provide your partners name and year deceased: If married, how long have you been married for and what is your partners name:
_____ On a scale of 1-10 (best), how would you rate your relationship? _____ Are you currently in a romantic relationship?
Yes -- How long? _____ No _____
On a scale of 1-10 (best), how would you rate your relationship? _____

Please list any children, their names, and ages:

Name	Age	Relationship	Name of other parent	Deceased age and cause of death

Physical Health
Please list any medications, herbs, or supplements. Be sure to include the condition, as some medications are prescribed for off-label use. Continue on the back if needed, or provide a separate list. If you have a complicated medical profile, please supply supporting documentation to be able to facilitate a comprehensive understanding of your health.

Medication/Supplement	Dosage	Condition	Date Began/Stopped	

Prescribing provider and contact information:
Name: _____
Specialty: _____
Facility: _____
Phone, email, or Fax: _____

Primary Care Physician or Pediatrician: _____

Other doctors: _____

How would you rate your current physical health?
☐ Poor ☐ Unsatisfactory ☐ Satisfactory ☐ Good ☐ Very Good

Please list any specific health problems or disabilities you are currently experiencing:
_____

Please list any allergies: (seasonal, food etc.)
_____
How would you rate your current sleeping habits?
☐ Poor ☐ Unsatisfactory ☐ Satisfactory ☐ Good ☐ Very Good

If you are having problems, in which phase of sleep are you experiencing issues?
☐ Falling asleep ☐ Staying asleep ☐ Awakening early ☐ Sleep apnea

Please list any other specific sleep problems you are currently experiencing:

How many times per week do you generally exercise? _____

What types of exercise do you participate in:

Are you currently experiencing any chronic pain? No Yes If yes, please describe:

Please describe current use of alcohol, cigarettes, and/or recreational drugs:

Please describe previous use of alcohol, cigarettes, and/or recreational drugs:

Additional Information

What do you enjoy about your work (full-time homemaker included)?

If retired, what did you enjoy about your work?

What do you find particularly stressful about your current or previous work?

What do you enjoy doing in your free time?

What do you do to relax?

Do you consider yourself to be spiritual or religious? If yes, please describe your faith or belief:

What do you consider to be some of your strengths?

What do you consider to be some of your weakness?