SARAH ATKINSON
Suite 220 - 2628 Granville Street
Vancouver BC
V6H 4B4
Vancouver. BC.
Tel. 604 698 9070
Fax. 604 736 9546
Email: info@sarahatkinsoncounselling.ca
www.sarahatkinsoncounselling.ca

Introduction

Please provide the following information and answer the questions below.

Please note: information you provide here is protected as confidential information.

Please fill out this form and bring it to your first session.

Name: _____

Name of parent/guardian (if under 18 years): _____

Birth Date: _____ /_____ /_____ Age: _____
d m y

Gender: ☐ Male ☐ Female ☐ Non-binary ☐ Transgendered

Marital Status:
☐ Never Married ☐ Domestic Partnership ☐ Married ☐ Separated ☐ Divorced ☐ Widowed

Please list any children/age: _____

Address: _____
(Street and Number)

_____
(City) (Province) (Postal Code)

Preferred Phone: _____ Alternate Phone: _____

May we leave a message? ☐ Yes ☐ No May we leave a message? ☐ Yes ☐ No

E-mail: _____ May we email you? ☐ Yes ☐ No

*Please note: Email correspondence is <u>not</u> considered to be a confidential medium of communication.

Referred by (if any): _____

Have you previously received any type of mental health services (psychotherapy, psychiatric services, etc.)?

☐ No ☐ Yes, previous therapist/practitioner: _____

Are you currently taking any prescription medication?

☐ No ☐ Yes, please list: _____

_____

Have you ever been prescribed psychiatric medication?

☐ No ☐ Yes, please list and provide dates: _____

_____

GENERAL HEALTH AND MENTAL HEALTH INFORMATION

1. How would you rate your current physical health? (please circle)

Poor Unsatisfactory Satisfactory Good Very good

Please list any specific health problems you are currently experiencing:

_____

2. How would you rate your current sleeping habits? (please circle)

Poor Unsatisfactory Satisfactory Good Very good

Please list any specific sleep problems you are currently experiencing:

_____

3. How many times per week do you generally exercise? _____

What types of exercise to you participate in?_____

_____

4. Please list any difficulties you experience with your appetite or eating patterns:

_____

5. Are you currently experiencing overwhelming sadness, grief, or depression?

☐ No ☐ Yes, for approximately how long? _____

6. Are you currently experiencing anxiety, panic attacks, or have any phobias?

☐ No ☐ Yes, when did you begin experiencing this? _____

7. Are you currently experiencing any chronic pain?

☐ No ☐ Yes, please describe: _____

8. Do you drink alcohol more than once a week?

☐ No ☐ Yes, frequency & amount: _____

9. How often do you engage recreational drug use?

☐ Daily ☐ Weekly ☐ Monthly ☐ Occasional ☐ Never

10. Are you currently in a romantic relationship?

☐ No ☐ Yes ☐ Infrequently ☐ Never
If yes, for how long? _____
On a scale of 1-10, how would you rate your relationship? _____

11. What significant life changes or stressful events have you experienced recently:
_____
_____
_____

FAMILY MENTAL HEALTH HISTORY

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.).

Alcohol/Substance Abuse:	yes/no	_____
Anxiety:	yes/no	_____
Depression:	yes/no	_____
Domestic Violence:	yes/no	_____
Eating Disorders:	yes/no	_____
Obesity:	yes/no	_____
Obsessive Compulsive Behaviour:	yes/no	_____
Schizophrenia:	yes/no	_____
Suicide Attempts:	yes/no	_____

RISK ASSESSMENT:

Any risk factors present? ☐ No ☐ Yes If yes, specify current risk factors:

Potential for violence:	yes/no
Hostile/ Abusive behaviour:	yes/no
Major Depression:	yes/no
Suicidal Ideation/Intent/Plan:	yes/no

PAST RISK FACTORS

Suicide Attempts:	yes/no
Violent Behaviour:	yes/no
Inpatient Hospitalization:	yes/no
Hostile/Abusive behaviour:	yes/no
Major Depression:	yes/no

Suicidal Ideation/Intent/Plan: yes/no

ADDITIONAL INFORMATION:

1. Are you currently employed? ☐ No ☐ Yes
   If yes, what is your current employment situation?
   _____
   Do you enjoy your work? Is there anything stressful about your current work?
   _____
   _____

2. Do you consider yourself to be spiritual or religious? ☐ No ☐ Yes
   If yes, describe your faith or belief:
   _____

3. What do you consider to be some of your strengths?
_____
_____
_____
_____

4. What do you consider to be some of your weaknesses?
_____
_____
_____
_____

5. What would you like to accomplish out of your time in therapy?
_____
_____
_____

6. Tell me a little bit about what's bringing you into couple's therapy
_____
_____
_____
_____

7. Three adjectives that best describe your mother and three adjectives that best describe your father.
_____
_____
_____