Psychotherapy Intake Form

Personal information	
Full name:	**Date of birth:**
Sex:	**Occupation:**
Address:	
Phone number:	**Email address:**
Referral (if applicable):	
Emergency contact:	
Medical information	
Primary care physician:	
Primary care physician contact number:	
Do you have current medical/health concerns? ◯ Yes ◯ No	If yes, please list:
Are you currently taking any prescription medication? ◯ Yes ◯ No	If yes, please list:
Psychological information	
Are you currently receiving psychological services (e.g., professional counseling, psychiatric services, or any other mental health services)? ◯ Yes ◯ No	If yes, please explain your situation:
Are you currently taking any psychiatric prescription medication? ◯ Yes ◯ No	If yes, please list:

Have you been prescribed psychiatric prescription medication in the past? ◯ Yes ◯ No	If yes, please list:
Have you been psychiatrically hospitalized in the past? ◯ Yes ◯ No	If yes, please explain:

Symptoms

Please check the symptoms that you have experienced in the past two weeks:

☐ Depressed mood	☐ Repetitive behaviors
☐ Panic attacks	☐ Eating difficulties
☐ Memory difficulties	☐ Anxiousness
☐ Interpersonal difficulties	☐ Alcohol/drug usage
☐ Mood swings	☐ Phobias
☐ Sleep difficulties	☐ Somatic complaints
☐ Hallucinations	☐ Difficulty concentrating

Have you had suicidal thoughts in the past two weeks? ◯ Yes ◯ No	If yes, how often? ◯ Frequently ◯ Sometimes ◯ Rarely
Have you had suicidal thoughts in the past year? ◯ Yes ◯ No	If yes, how often? ◯ Frequently ◯ Sometimes ◯ Rarely

Family mental health history

Have any of your family members had any of the following issues?

- [ ] Depression
- [ ] Anxiety
- [ ] Panic attacks
- [ ] Eating disorder
- [ ] Sexual abuse
- [ ] Schizophrenia
- [ ] Suicide
- [ ] Bipolar personality disorder
- [ ] Alcohol/substance abuse
- [ ] Trauma
- [ ] Obsessive-compulsive disorder
- [ ] Other:

Goals for psychotherapy

What would you like to achieve through therapy?

What are your hopes and expectations for working with a therapist?

Additional notes