

## Adult Intake

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Date of Birth/Age: \_\_\_\_\_

### **General Questions:**

Please list a few words that describe you well:

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What are some of your personal strengths?

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Where do you turn for support? Family, friends, work relationships? Faith?

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### **Family:**

Who are the members of your household? Please list names and ages:

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What role does extended family play in your life?

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Please list some family strengths:

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Please describe challenges in your family experience (past or present):

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**Medical/Mental Health History:**

What was the date of your last physical exam? \_\_\_\_\_

Physical Symptoms (experienced in the past 6 months):

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Shortness of Breath | <input type="checkbox"/> Poor Memory   | <input type="checkbox"/> Back Pains      |
| <input type="checkbox"/> Can't Sleep         | <input type="checkbox"/> Fatigue       | <input type="checkbox"/> Overweight      |
| <input type="checkbox"/> Panic Attacks       | <input type="checkbox"/> Chest Pain    | <input type="checkbox"/> Poor Appetite   |
| <input type="checkbox"/> Underweight         | <input type="checkbox"/> Always Hungry | <input type="checkbox"/> Other (specify) |

Do you have allergies? \_\_\_\_\_ If so, describe the types: \_\_\_\_\_

Do you have asthma? \_\_\_\_\_ Do you have maintenance medication for this condition? \_\_\_\_\_

Are you currently being treated for any other medical problems? If so, please list:  
\_\_\_\_\_  
\_\_\_\_\_

Physicians Name: \_\_\_\_\_ Prescription(s): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physicians Name: \_\_\_\_\_ Prescription(s): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Other mental health or chemical dependency treatments sought (both past and present):*

Location: \_\_\_\_\_

Therapist: \_\_\_\_\_

Psychiatrist: \_\_\_\_\_

Prescription(s): \_\_\_\_\_

Date of Service: \_\_\_\_\_

\_\_\_\_\_

Location: \_\_\_\_\_

Therapist: \_\_\_\_\_

Psychiatrist: \_\_\_\_\_

Prescription(s): \_\_\_\_\_

Date of Service: \_\_\_\_\_

\_\_\_\_\_

*\*Please list other(s) in the space below*

**Development:**

Birth/delivery story and where was your first home?

\_\_\_\_\_  
\_\_\_\_\_

Were there any concerns with your developmental progress? If so, describe the areas of concern:

\_\_\_\_\_  
\_\_\_\_\_

Who cared for you as a child?

\_\_\_\_\_  
\_\_\_\_\_

Other childhood experiences you would like to share?

\_\_\_\_\_  
\_\_\_\_\_

**Academic/Work:**

How was your early school experience?

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What role has education played in your adult life?

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Please describe your current employment with regard to position and overall satisfaction:

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**Stressors:**

*Please circle any of the following stressors that either you or a family have experienced, as well as the approximate date(s) surrounding their occurrence.*

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|--------------------------------------|----------------------------|
| Unemployment of a parent _____       | Hospitalization _____      |
| Divorce of parent(s) _____           | Death of a loved one _____ |
| Physical Abuse _____                 | Sexual Abuse _____         |
| Emotional/Verbal Abuse _____         | Eviction from home _____   |
| Legal problem(s) _____               | Serious Illness _____      |
| A move or change of households _____ | Other(s) _____             |

**Other concerns you would like to address in therapy:**

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