

**Gretchen Burkholder**

Licensed Mental Health Counselor #LH6032834

Full Circle Wellness Center  
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Active Space  
3400 Harbor Ave SW  
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**Adult Client Intake Form**

*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: \_\_\_\_\_

(Last) (First) (Middle Initial)

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

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

Address:

(Street and Number)  
\_\_\_\_\_

(City) (State) (Zip)  
\_\_\_\_\_

Home Phone: \_\_\_\_\_ May we leave a message? Yes No

Cell: \_\_\_\_\_ May we leave a message? Yes No

Work Phone: \_\_\_\_\_ May we leave a message? Yes No

E-mail: \_\_\_\_\_ May we email you? Yes No

\*Please note: Email correspondence is not considered to be a confidential medium of communication.

How did you find me?

Referred by (if any):

How do you self-identify in terms of biological sex/gender/sexual orientation?

Is this identity impacting your situation or the issues that are bringing you into therapy? If so, how?

How do you self-identify in terms of race/ethnicity/culture?

Is this identity impacting your situation or the issues that are bringing you into therapy? If so, how?

Relationship Status (partnered, married, single, etc.):

Please list any children/age:

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

- No
- Yes, previous therapist/practitioner:

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Are you currently taking any prescription medication?

- Yes
- No

Please list:

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Have you ever been prescribed psychiatric medication?

- Yes
- No

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:

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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:

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

What types of exercise do you participate in: \_\_\_\_\_

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

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

No

Yes

If yes, for approximately how long? \_\_\_\_\_

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

No

Yes

If yes, when did you begin experiencing this? \_\_\_\_\_

7. Are you currently experiencing any chronic pain?

No

Yes

If yes, please describe? \_\_\_\_\_

8. Do you drink alcohol more than once a week?  No  Yes

9. How often do you engage recreational drug use?  Daily  Weekly  Monthly  
 Infrequently  Never

Have you or anyone in your life been concerned with your use of either one?

10. Have you previously been in psychotherapy? Yes No  
If yes, what was helpful and what was not?

11. Are you currently in a romantic relationship?  No  Yes

If yes, for how long? \_\_\_\_\_

On a scale of 1-10, how would you rate your relationship? \_\_\_\_\_

12. Have you or a loved one experienced any dramatic changes or event recently?

13. Is there anything else you think I should know?

**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.).

*Please Circle and List Family Member:*

Alcohol/Substance Abuse yes/no

Anxiety yes/no

Depression yes/no

Domestic Violence yes/no

Eating Disorders yes/no

Obesity yes/no

Obsessive Compulsive Behavior yes/no

Schizophrenia yes/no

Suicide Attempts yes/no

**ADDITIONAL INFORMATION:**

1. Are you currently employed?  No  Yes

If yes, name and address of your employer: \_\_\_\_\_

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 weakness?

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

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

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