

GRETCHEN BURKHOLDER, LMHC
206.940.7754
burkholdercounseling@gmail.com

Client Intake Form

*Please provide the following information and answer the questions below. Please note:
Information you provide here is protected as confidential information.*

Name: _____

(Last) (First) (Middle Initial)

Birth Date: _____ / _____ / _____ Age: _____

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):

Preferred Pronouns:

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

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.):

If in a romantic relationship, for how long? _____

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

Please list any children and their ages:

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

If yes, previous therapist/practitioner: _____

What did you find helpful?

What did you not find helpful?

Are you currently taking any prescription medication?

Please list:

Have you ever been prescribed psychiatric medication?

If yes, please list and provide dates:

GENERAL HEALTH AND MENTAL HEALTH INFORMATION

Please list the name and number of your **General Practitioner**:

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 list any specific sleep problems you are currently experiencing:

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.

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

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

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

12. 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. 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 weaknesses?

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