INTAKE FORM
Please provide the following information and answer the questions below.
Please note: information you provide here is protected as confidential.
Fill out this form, and fax or email to me before our first session.
(Feel free to write on the back if extra space is needed)
(925) 263-0015, fax • david@clarityseminars.com

_____
(Last name) (First) (Middle Initial)

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

_____
(Last) (First) (Middle Initial)

Birth Date: _____ /_____ /_____ Age: _____ □ Male □ Female

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

Please list any children and ages:

Address:_____
(Street and Number)

_____
(City, State, Zip)

Cell Phone: _____

Home/Other 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.

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?
□ Yes □ No

Please list:

Have you ever been prescribed psychiatric medication?
□ Yes □ No If 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

Any health problems you are currently experiencing?

2. How would you rate your current sleeping habits? (please circle)
Poor Unsatisfactory Satisfactory Good Very good

Any sleep problems you are experiencing?

3. How many times per week do you generally exercise? _____
What types of exercise to you participate in?

4. Any difficulties with appetite or eating patterns?
5. Are you currently experiencing significant or overwhelming sadness, grief, or depression?
□ No □ Yes If yes, for 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?

9. How often do you engage recreational drug use?
□ Daily □ Weekly □ Monthly

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
Anxiety Depression
Domestic Violence
Eating Disorders

Obesity
Obsessive Compulsive Behavior
Schizophrenia
Suicide Attempts

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 one-on-one time with David?