



# Authentic Life

Christian Counseling

## INTAKE FORM FOR ADULT

The information you provide in this intake form may be confidential; however, certain otherwise confidential information may be shared as required by law. You are not required to supply the information contained in this Intake Form, but to best utilize the time spent with your therapist, it is helpful if you provide as much information as possible. Any request or authorization in this form to contact a Third Party, such as a medical doctor, will require a separate Authorization for Release of Information.

### Client Information:

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

Gender:  Male  Female

Client's Birthdate: \_\_\_\_\_

Client's Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

May your therapist contact you at this address:  YES  NO

Home Telephone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

May your therapist contact you at all the above telephone numbers provided:  YES  NO

May your therapist leave a voice message at all the above telephone numbers provided:  YES  NO

Email Address: \_\_\_\_\_ Do you share this email address with anyone else? If so please list who else shares the email address: \_\_\_\_\_

May your therapist contact you at the above email address:  YES  NO

**\*\*Please be aware there is a risk that an unintended third-party may access information shared by electronic transmissions such as email and cell phone. By allowing your therapist to contact you by email you are consenting to receive electronic communications and understand the risks involved. Your therapist cannot guarantee that confidential information shared using electronic communications will remain confidential.**

What is your preferred method of communication:

Telephone (H)  Cell Phone, including texts  Telephone (W)  Email

Client's Occupation: \_\_\_\_\_

Number of Months at this Occupation: \_\_\_\_\_

Marital Status:  Single  Married or Civil Union  Separated  Divorced  Living Together

Do you have any children:  YES  NO How many? \_\_\_\_\_ Ages: \_\_\_\_\_

It is the policy of the therapist at ALCC **not** to treat any of your children while providing mental health services to you. It is not within the scope of practice for any therapist to provide recommendation for custody arrangements.

Emergency Contact Information:

In case of an emergency, your therapist may be required to contact someone on your behalf. Please list your emergency contact below, which your therapist may contact on your behalf.

Your therapist will only share the minimum amount of information necessary with your Emergency contact should he or she need to be contacted.

Name: \_\_\_\_\_  
Telephone Number: \_\_\_\_\_  
Relationship to Client: \_\_\_\_\_

Primary Care Physician Information:

In order to provide you with continuous and congruent care, your therapist may need to contact your primary care physician. Any contact that your therapist may have with your Primary Care Physician will require you to sign an Authorization for Release of Protected Health Information and Confidential Information.

Name: \_\_\_\_\_  
Telephone Number: \_\_\_\_\_ Fax: \_\_\_\_\_  
Address: \_\_\_\_\_  
Please Provide the Date of Your Last Physical: \_\_\_\_\_  
May your therapist contact your physician:  YES  NO

Please list any medication you are currently taking (if you are not currently taking any medications, please state that you are not currently taking any medications):

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

Please list any current physical illnesses, issues, and/or ailments you have (if you do not currently have any physical illnesses, issues, and/or ailments, please state so):

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

Previous/Current Mental Health Provider(s):

In order to provide you with continuous and congruent care, your therapist may need to contact your previous or current Mental Health Provider. Any contact that your therapist may have with your previous or current Mental Health Provider will require you to sign an Authorization for Release of Protected Health Information and Confidential Information.

Name: \_\_\_\_\_  
Telephone Number: \_\_\_\_\_ Fax: \_\_\_\_\_  
Address: \_\_\_\_\_  
Please Provide the Date of Your Last Session: \_\_\_\_\_

May your therapist a contact your previous or current Mental Health Provider:

YES  NO

Are you currently in counseling with the above listed mental health provider:  YES  NO

Have you ever sought counseling before:  YES  NO

If yes, please list your reason(s) for seeking mental health services (if you are currently seeing another mental health provider, please list the reason(s) here as well):

---

---

---

Client's Mental Health:

Please tell us why you are seeking counseling and describe any issues/problems that led you to seek counseling:

---

---

---

How have you dealt with these issues/problems in the past:

---

---

---

Please list any past or current psychological illnesses or other mental health issues:

---

---

---

Have you ever been, or are you currently, suicidal:

---

Have you ever attempted to commit suicide:

---

Has anyone in your family ever attempted or committed suicide:

---

Have you used, or do you currently use, alcohol, inhalants, nicotine products, marijuana, or any illegal drugs (if so, please indicate which ones):

---

---

Does your family have a history of mental illness such as depression, anxiety, drug/alcohol abuse, addictions, eating disorders (if yes, please indicate the mental illness):  YES  NO

---

---

Are you currently involved in any civil or criminal legal proceedings:  YES  NO

If yes, please state the circumstance(s):

---

---

Is there anything else you would like your therapist to know:

---

---

What would you like to accomplish through therapy and/or what goals would you like to achieve?

---

---

---

**Christian Counseling**

The therapist at Authentic Life Christian Counseling makes it a point to seek the involvement, guidance and assistance of God throughout the process of understanding and ameliorating the problems that you are facing. I do this by discussion, prayer and referring to the Bible. *This aspect of counseling is optional and used or not used based on the desire of the client.* Please circle the words "I do" or "I do not" for each line to indicate your preference then initial the end of the line:

- I do / do not wish to have prayer be a part of my time in counseling.\_\_\_\_\_
- I do / do not wish to have discussion of God and Biblical principles as a part of my time in counseling.\_\_\_\_\_
- I do / do not wish to have Scripture be a part of my time in counseling.\_\_\_\_\_

Client Affirmation:

By signing this Intake Form, I certify that all the information is true and accurate to the best of my knowledge.

---

Client Signature

---

Date

## CHECKLIST OF CONCERNS

**Client Name:** \_\_\_\_\_

Please mark all of the areas of concern below that apply to you. You may add a note or details in the space next to the concerns checked.

CONCERN	NOTES	NOW	IN THE PAST
Abuse—physical, sexual, emotional, neglect (of children or elderly persons), cruelty to animals			
Aggression, violence			
Alcohol use			
Anger, hostility, arguing, irritability			
Anxiety, nervousness			
Attention, concentration, distractibility			
Career concerns, goals, and choices			
Childhood issues (your own childhood)			
Codependence			
Confusion			
Compulsions			
Custody of children			
Decision-making, indecision, mixed feelings, putting off decisions			
Delusions (false ideas)			
Dependence			
Depression, low mood, sadness, crying			
Divorce, separation			
Drug use—prescription medications, over-the-counter medications, street drugs			
Eating problems—overeating, undereating, appetite, vomiting, (see also “Weight and diet issues”)			
Emptiness			
Failure			
Fatigue, tiredness, low energy			
Fears, phobias			
Financial or money troubles, debt, impulsive spending, low income			
Friendships			
Gambling			
Grieving, mourning, deaths, losses, divorce			
Guilt/Shame			
Headaches, other kinds of pains			
Health, illness, medical concerns, physical problems			
Housework/chores—quality, schedules, sharing duties			

Inferiority feelings			
Interpersonal conflicts			
Impulsiveness, loss of control, outbursts			
Irresponsibility			
Judgment problems, risk taking			
Legal matters, charges, suits			
Loneliness			
Marital conflict, distance/coldness, infidelity/affairs, remarriage, different expectations, disappointments			
Memory problems			
Menstrual problems, PMS, menopause			
Mood swings			
Motivation, laziness			
Nervousness, tension			
Obsessions, compulsions (thoughts or actions that repeat themselves)			
Oversensitivity to rejection			
Pain, chronic			
Parenting, child management, single parenthood			
Perfectionism			
Pessimism			
Procrastination, work inhibitions, laziness			
Relationship problems (with friends, with relatives, or at work)			
School problems (see also Career concerns)			
Self-centeredness			
Self-esteem			
Self-neglect, poor self-care			
Sexual issues, dysfunctions, conflicts, desire differences, other (see also "Abuse")			
Shyness, oversensitivity to criticism			
Sleep problems—too much, too little, insomnia, nightmares			
Smoking and tobacco use			
Spiritual, religious, moral, ethical issues			
Stress, relaxation, stress management, stress disorders, tension			
Suspiciousness, distrust			
Suicidal thoughts (You or a relative)			
Temper problems, self-control, low frustration tolerance			
Thought disorganization and confusion			
Threats, violence			
Weight and diet issues			
Withdrawal, isolating			

Work problems, employment, workaholism/overworking, can't keep a job, dissatisfaction, ambition			
---	--	--	--

Other concerns or issues:

---

---

---

Client Affirmation:

By signing this Intake Form, I certify that all the information is true and accurate to the best of my knowledge.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date