Returning Client Intake Form

Client Information

Name _____ Date of Birth_____

Address _____

_____

Phone _____ Email _____

Emergency Contacts

Name _____ Name _____

Relationship _____ Relationship _____

Phone _____ Phone _____

Mental/Physical Health

What brings you back to therapy? _____

_____

Any changes in your psychiatric medications? If yes, what medications, dosage, and frequency?

_____

_____

Any changes in your physical health or new medications?

_____

_____

Life Updates

Who do you live at home with now? _____

Relationship Updates? _____

_____

Work or Education Updates? _____

_____

Current Symptoms (circle all that apply)

Sad/depressed mood
Difficulty sleeping
Fear of social situations
Feelings of anxiety
Feeling on edge
Insomnia or hard to sleep
Panic attacks
Fun activities no longer fun
Trembling/shakiness
Restlessness
Feelings of guilt
Irritability
Low self esteem
Shortness of breath
Feelings of helplessness
Heart palpitations/chest pain
Feelings of hopelessness
Sweats
Fatigue/low energy
Dizziness
Decreased concentration
Nausea/abdominal distress
Indecisiveness/slowed thinking
Headaches
Rapid weight change
Feeling dissociated
Weight up/down
Menstrual problems/changes
Crying spells
Suicidal thoughts
Sexual problems
Self-harm/cutting
Unexplained pain
Tendency to isolate
Fear of being alone
Difficulty focusing
Difficulty with relationships
Difficulty in organizing tasks
Forgetfulness
Problems at work/home
Distractibility
Purging food
Impulsive
Dramatic mood swings
Amnesia
Increased energy
Feelings of numbness
Feeling elated
Nightmares
Racing thoughts
Overspending
Bizarre experiences
Unsafe sexual activities
Hallucinations
Decreased need for sleep
Intrusive bothersome thoughts
Repetitive compulsions
Alcohol abuse/dependency
Drug abuse/dependency
Difficulty with control of anger
Homicidal or violent thoughts
Family problems
Legal problems

Anything else you'd like me to know? _____

_____

_____ _____
Signature Date

_____
Print Name

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Buda, TX 78610

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