

Nando Raynolds, MA, LPC **Intake Form – Please write clearly!** Confidential date _____

Name _____ Date of birth _____ Email _____
Address _____ Home # _____
Work # _____ Cell _____ Profession _____

Emergency contact: _____ Phone: _____

How did you find me? _____

Medications? _____

Physical complaints/issues? _____

Prescribing Physician _____

Current household _____

Marital Status (history w/names) _____

Children (names, ages, custody) _____

parents/stepparents (names, ages, alive?) _____

siblings (gender and ages) _____

birth order (your position) _____

On a scale of 1-10 where 10 is good, rate your: sleep _____ diet _____ exercise _____
relationship w/others _____ relationship w/self _____ freedom from the past _____
sexuality _____ enjoyment of life _____ spiritual life _____ sense of meaning and purpose _____

Times per week you feel uncomfortable levels of: Depression _____ Anger/rage _____
Sadness _____ Fear _____ Anxiety _____ Confusion _____
Mania _____ Loneliness _____ Shame _____ Guilt _____ Tension _____

Check issues that apply to you (past(P) or present (/): prior counseling ___ depression ___ irritability ___
suicidal thoughts ___ suicidal behavior ___ self-harm behavior ___ thoughts of hurting others ___
loss of energy ___ explosive behavior ___ racing thoughts ___ anxiety/worry ___ panic ___
nightmares ___ reliving trauma ___ psychiatric medications ___ psych hospitalization ___
substance abuse treatment ___ physical/verbal abuse ___ sexual abuse/rape ___ other trauma ___
perpetration ___ abortion ___ divorce ___ custody issues ___ marital/family conflict ___
grief/loss ___ difficulties at work/school ___ legal issues ___ financial problems ___
victim of crime ___ problems with sleep ___ food ___ alcohol ___ pot ___ caffeine ___
tobacco ___ other drugs ___ sex ___ pornography ___ internet ___ gambling ___
computer gaming ___ hyperactivity ___ hallucinations ___ delusions ___ paranoia ___
compulsions ___ obsessions ___ military service ___ combat _____

What brings you here now – what would you like to change? _____

More information if you are willing:

The more information you give me, the more quickly I will understand where you are coming from and the more likely I will be able to help you make the changes you want in your life. I want to know about your history and your current context. There are lots of ways to do this, you could:

write a two page autobiography

write a page describing your current life situation and how you spend your time

draw a time line of your past

make a list of the cast of important characters in your past and present

write a page describing your historical and ongoing challenges with addictive and distracting behaviors

make an inventory of events you experienced as traumatic/abusive

make an inventory of times you behaved in ways you now regret or feel ashamed of

make a diagram of your social network as a child

make the same kind of diagram of your social network for your present life

make a list of activities that bring you joy and skills you enjoy using

describe some things you do that bring you a sense of meaning or purpose

list the top ten negative and top ten positive events in your life

make a list of what you feel grateful for in your life today

You do not have to do any of these, although each one would be useful.

If you are willing, I find the timeline and the social network diagrams especially helpful to get a rapid understanding of you.

Timeline :

Take a blank page and make a lengthwise line down the middle. Number this from birth to your present age. Put in years and marker events – places you lived, grades or schools, relationships - to get the timeframes. Number the left side of the page from negative ten at the bottom to positive ten on the top. Make points for 5 – 10 positive and negative events. Make horizontal lines for positive and negative themes. Label these with key words. Draw a line that depicts your overall experience of life, taking into account the events and themes.

Social network:

Put your heart in the center of a bullseye and put down names of people that were/are important to you. The ones you feel closest and safest with close to your heart, dangerous but important people out towards the edge. Make one of these for your childhood and one of these for your current life.