

Cathy Zedd Counseling, LLC

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**CLIENT INFORMATION FORM**

*\*This Form is Confidential\**

Today's date: \_\_\_\_\_

Your name: \_\_\_\_\_  
Last First Middle Initial

Date of birth: \_\_\_\_\_ Social Security #: \_\_\_\_\_

Home street address: \_\_\_\_\_

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

Name of Employer: \_\_\_\_\_

Address of Employer: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Calls will be discreet, but please indicate any restrictions: \_\_\_\_\_

Referred by: \_\_\_\_\_

- May I have your permission to thank this person for the referral?
- If referred by another clinician, would you like for us to communicate with one another?

Person(s) to notify in case of any emergency: \_\_\_\_\_  
Name Phone

I will only contact this person if I believe it is a life or death emergency. Please provide your signature to indicate that I may do so: (Your Signature): \_\_\_\_\_

Please briefly describe your presenting concern(s): \_\_\_\_\_

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

What are your goals for therapy? \_\_\_\_\_

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

How long do you expect to be in therapy in order to accomplish these goals (or at least feel like you have the tools to accomplish them on your own)? \_\_\_\_\_

*\*The following information on this form will help guide your treatment.  
Please try to fill out as much as you are comfortable disclosing.\**

**MEDICAL HISTORY:**

Please explain any significant medical problems, symptoms, or illnesses: \_\_\_\_\_  
\_\_\_\_\_

**Current Medications:**

Name of Medication	Dosage	Purpose	Name of Prescribing Doctor

Do you smoke or use tobacco? YES NO If YES, how much per day? \_\_\_\_\_

Do you consume caffeine? YES NO If YES, how much per day? \_\_\_\_\_

Do you drink alcohol? YES NO If YES, how much per day/week/month/year? \_\_\_\_\_

Do you use any non-prescription drugs? YES NO

If YES, what kinds and how often? \_\_\_\_\_

Have any of your friends or family members voiced concern about your substance use? YES NO

Have you ever been in trouble or in risky situations because of your substance use? YES NO

Previous medical hospitalizations (Approximate dates and reasons): \_\_\_\_\_  
\_\_\_\_\_

Previous psychiatric hospitalizations (Approximate dates and reasons): \_\_\_\_\_  
\_\_\_\_\_

Have you ever talked with a psychiatrist, psychologist, or other mental health professional? YES NO  
(Please list approximate dates and reasons): \_\_\_\_\_  
\_\_\_\_\_

Height \_\_\_\_\_ Weight (if applicable) \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

Sexual & Gender Identity:  Heterosexual  Lesbian  Gay  Bisexual  Transgender  
 Asexual  In Question  Other

Racial/Ethnic Identity:

African/African-American/Black  Latino/Latino-American  Bi-Racial/Multi-Racial  
 American Indian/Alaska Native  Middle Eastern/Middle Eastern-American  
 Asian/Asian-American/Asian Pacific Islander  White/European-American  Not listed

**FAMILY:**

How would you describe your relationship with your mother? \_\_\_\_\_  
\_\_\_\_\_

How would you describe your relationship with your father? \_\_\_\_\_  
\_\_\_\_\_

Are your parents still married? \_\_\_\_\_ If they divorced, how old were you when they separated or divorced, and how did this impact you? \_\_\_\_\_

Were there any other primary care givers who you had a significant relationship with? If so, please describe how this person may have impacted your life: \_\_\_\_\_

How many sisters do you have? \_\_\_\_\_ Ages? \_\_\_\_\_

How many brothers do you have? \_\_\_\_\_ Ages? \_\_\_\_\_

How would you describe your relationships with your siblings? \_\_\_\_\_

**RELATIONSHIPS & SOCIAL SUPPORT & SELF-CARE:**

Currently in Relationship? \_\_\_\_\_ How Long? \_\_\_\_\_ Relationship Satisfaction: <sup>POOR</sup> 1 2 3 4 5 <sup>EXCELLENT</sup> 6 7

Married/Life Partnered? \_\_\_\_\_ How Long? \_\_\_\_\_ Previously Married/Life Partnered? YES NO  
If so, length of previous marriages/committed partnerships \_\_\_\_\_

Do you have Children? \_\_\_\_\_ If YES, how many and what are their ages: \_\_\_\_\_

Describe any problems any of your children are having: \_\_\_\_\_

List the names and ages of those living in your household: \_\_\_\_\_

Please briefly describe any history of abuse, neglect and/or trauma: \_\_\_\_\_

Current level of satisfaction with your friends and social support: <sup>POOR</sup> 1 2 3 4 5 <sup>EXCELLENT</sup> 6 7

Please briefly describe your coping mechanisms and self-care: \_\_\_\_\_

Is spirituality important in your life and if so please explain: \_\_\_\_\_

Briefly describe your diet and exercise patterns: \_\_\_\_\_

**EDUCATION & CAREER**

High School/GED \_\_\_ College Degree \_\_\_ Graduate Degree(or Higher) \_\_\_ Vocational Degree \_\_\_

What is your current employment? \_\_\_\_\_

Employment Satisfaction: <sup>POOR</sup> 1 2 3 4 5 <sup>EXCELLENT</sup> 6 7

Any past career positions that you feel are relevant? \_\_\_\_\_

What do you think are your strengths? \_\_\_\_\_

PLEASE CHECK ALL THAT APPLY & **CIRCLE** THE MAIN PROBLEM:

DIFFICULTY WITH:	NOW	PAST	DIFFICULTY WITH:	NOW	PAST	DIFFICULTY WITH:	NOW	PAST
Anxiety →			People in General →			Nausea →		
Depression			Parents			Abdominal Distress		
Mood Changes			Children			Fainting		
Anger or Temper			Marriage/Partnership			Dizziness		
Panic			Friend(s)			Diarrhea		
Fears			Co-Worker(s)			Shortness of Breath		
Irritability			Employer			Chest Pain		
Concentration			Finances			Lump in the Throat		
Headaches			Legal Problems			Sweating		
Loss of Memory			Sexual Concerns			Heart Palpitations		
Excessive Worry			History of Child Abuse			Muscle Tension		
Feeling Manic			History of Sexual Abuse			Pain in joints		
Trusting Others			Domestic Violence			Allergies		
Communicating with Others			Thoughts of Hurting Someone Else			Often Make Careless Mistakes		
Drugs			Hurting Self			Fidget Frequently		
Alcohol			Thoughts of Suicide			Speak Without Thinking		
Caffeine			Sleeping Too Much			Waiting Your Turn		
Frequent Vomiting			Sleeping Too Little			Completing Tasks		
Eating Problems			Getting to Sleep			Paying Attention		
Severe Weight Gain			Waking Too Early			Easily Distracted by Noises		
Severe Weight Loss			Nightmares			Hyperactivity		
Blackouts			Head Injury			Chills or Hot Flashes		

**FAMILY HISTORY OF (Check all that apply):**

Drug/Alcohol Problems			Physical Abuse			Depression		
Legal Trouble			Sexual Abuse			Anxiety		
Domestic Violence			Hyperactivity			Psychiatric Hospitalization		
Suicide			Learning Disabilities			“Nervous Breakdown”		

**Any additional information you would like to include:**

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