

# Counseling Arizona

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## Biographical Information – Intake Form

*Please fill out this biographical background form as completely as possible. It will help me in our work together. Information is confidential as outlined in the Office Policy form and the HIPAA Notice of Privacy Practices. Please print, write clearly, scan or photograph and email to above address 24 hours prior to your session time.*

NAME: \_\_\_\_\_ MALE/FEMALE: \_\_\_\_\_ DATE: \_\_\_\_\_

DATE OF BIRTH and PLACE OF BIRTH: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONES: H: \_\_\_\_\_ Cell: \_\_\_\_\_ Work/Off: \_\_\_\_\_ Fax: \_\_\_\_\_

FOR ROUTINE MESSAGES: Phone # \_\_\_\_\_ Email: \_\_\_\_\_

FOR CONFIDENTIAL/PRIVATE MESSAGES: Phone # \_\_\_\_\_ Email: \_\_\_\_\_ Text: \_\_\_\_\_

HIGHEST GRADE/DEGREE: \_\_\_\_\_ TYPE OF DEGREE: \_\_\_\_\_

PERSON & PHONE NO. TO CONTACT IN EMERGENCY: \_\_\_\_\_

REFERRAL SOURCE: \_\_\_\_\_

OCCUPATION (former, if retired): \_\_\_\_\_

PRESENTING PROBLEM (be as specific as you can: when did it start, how does it affect you.):

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

Estimate the severity of above problem: Mild \_\_\_\_\_ Moderate \_\_\_\_\_ Severe \_\_\_\_\_ Very severe \_\_\_\_\_

CURRENT: Marital status: \_\_\_\_\_ Live with someone: \_\_\_\_\_ Name: \_\_\_\_\_ Years: \_\_\_\_\_

PAST & PRESENT MARRIAGE/S (names, years together, and statement about the nature of the relationship(s), i.e., friendly, distant, physically/emotionally abusive, loving, hostile.):

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PRESENT SPOUSE/PARTNER: Education: \_\_\_\_\_

Occupation: \_\_\_\_\_

CHILDREN/STEP/GRAND (names/ages & brief statement on your relationship with the person.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

PARENTS/STEPPARENTS (Name/age or year of death/cause of death, occupation, personality, how did s/he treat you, brief statement about the relationship.):

Father: \_\_\_\_\_

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Mother: \_\_\_\_\_

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Stepparents: \_\_\_\_\_

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SIBLINGS (name/age, if deceased: age and cause of death and brief statement about the relationship.):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

MEDICAL DOCTOR (S) (name/phone): \_\_\_\_\_

\_\_\_\_\_

PAST/PRESENT MEDICAL CARE (major medical problems, surgeries, accidents, falls, illness, etc.):

\_\_\_\_\_

SPECIFY MEDICATION you are presently taking and for what. PRINT clearly:

\_\_\_\_\_

PAST/PRESENT DRUG/ALCOHOL USE/ABUSE (AA, NA, treatments):

\_\_\_\_\_

SUICIDE ATTEMPT/S or VIOLENT BEHAVIOR (describe: ages, reasons, circumstances, how, etc.)

\_\_\_\_\_

FAMILY MEDICAL HISTORY (Describe any illness that runs in the family: e.g., cancer, epilepsy, etc):

\_\_\_\_\_

FRIENDSHIPS, COMMUNITY, & SPIRITUALITY:

\_\_\_\_\_

PAST/PRESENT PSYCHOTHERAPY (specify: month year(s) (beginning—end), estimated no. of sessions, name, degree, phone & address, initial reason for therapy, Individual/Couple/Family, medication, brief description of the relationship and how helpful it was, and how/why it ended):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. *USE OTHER SIDE OF PAGE TO ADD MORE INFORMATION ABOUT PSYCHOTHERAPISTS, IF NEEDED.*

DESCRIBE YOUR CHILDHOOD, IN GENERAL (Relationships with parents, siblings, others, school, neighborhood, relocations, any school/behavioral/problems, abusive/alcoholic parent):

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IF PARENTS DIVORCED: Your age at the time: \_\_\_\_\_.  
Describe how it affected you at the time

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ESTIMATE HOW MANY HOURS/DAY YOU SPEND ONLINE (Facebook, YouTube, internet gaming, texting, browsing, etc.):

Facebook: \_\_\_\_\_ YouTube: \_\_\_\_\_ Gaming: \_\_\_\_\_ Texting: \_\_\_\_\_ Browsing: \_\_\_\_\_  
Work/School: \_\_\_\_\_ Other: \_\_\_\_\_

DO YOU FEEL YOUR TECHNOLOGY USE IS BALANCED AND HEALTHY OR COULD IT USE IMPROVEMENT? Please explain:

FAMILY HISTORY OF ALCOHOLISM, MENTAL ILLNESS, OR VIOLENCE (including suicide, depression, hospitalizations in mental institutions, abuse, etc.):

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ARE YOU INVOLVED IN ANY CURRENT OR PENDING CIVIL OR CRIMINAL LITIGATION/S, LAWSUIT/S OR DIVORCE OR CUSTODY DISPUTE/S? (if you answer Yes, please explain):

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What gives you the most joy or pleasure in your life?

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What are your main worries and fears?

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What are your most important hopes or dreams?

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*Please add, on the other side of the page or on a separate page, any other information you would like me to know about you and your situation.*