

Life History (Intake) Form

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Canadian Counsellor Certification # 125 Canadian Counselling and Psychotherapy Association

Registered Marriage and Family Therapist (Canada # 201712235)

Date: _____

LIFE HISTORY QUESTIONNAIRE

The purpose of this questionnaire is to obtain some information about you so that I can better meet your request for service. Completing this questionnaire as fully and as accurately as you can will facilitate the development of your therapy experience.

It is understandable that you may be concerned about what happens to this information about you, because this information is highly personal. As explained in the information form that you read, all material in your file is strictly confidential.

If you prefer not to answer any question, you are free to leave it blank.

1. General Information (please print)

Name: _____ Preferred Pronouns: _____

Address: _____

postal /zip code: _____

Preferred Telephone Contact _____

Permission to leave message? Yes No

Age: _____ Date of Birth: _____

Education: _____

Occupation and employment situation: _____

Relationship Status:

Single Married Common-Law Separated Divorced Remarried Widowed

If you have a partner:

How long have you been together? _____

How long have you been living together? _____

Age of partner: _____

Education and occupation of partner: _____

Do you have children? Yes No

If yes, how many live with you? _____

Please list your children's names, age and gender: _____

2. Medical History

Name of family physician: _____

Telephone number: _____

May I have permission to contact your medical doctor and acknowledge that you are attending therapy?
Yes No

Do you currently have any medical problems that require treatment? Yes No
If YES, please describe the problem and nature of the treatment:

Are you taking any medication at this time? Yes No
If YES, please list (include both prescription & non-prescription medication):

What other serious medical problems or accidents have you had?

Do you have any special physical needs? (please describe)

3. Chemical Use:

Do you use recreational drugs? Yes No

If YES, please list: _____

How frequently do you use alcohol? _____

How much beer, wine or hard liquor do you consume each week? _____

Have you ever been criticized for your drinking or drug use? _____

Have you ever felt guilty for your alcohol or drug use? _____

Have you ever tried to cut down on your use of alcohol or drugs? _____

How do drugs and/or alcohol effect you? _____

4. Comfort and Social Network:

Do you have someone with whom you can share personal problems or go to for comfort? Yes No
If yes, who is it? _____

Do you/did you ever turn to alcohol, drugs, sex, pornography, gambling, food, shopping or other material things for comfort? List relevant items: _____

How do you spend your leisure time?

Do you belong to any clubs or organizations (eg. church group, bowling team, PTA etc...)?

5. Family History

Relative:	Name	Current age (or age at death)	Illness (or cause of death)	Education	Occupation
Father:	_____	_____	_____	_____	_____
Mother:	_____	_____	_____	_____	_____
Others(step parents/grandparents)	_____				

Siblings: _____

Are there any specific aspects about your ethnic or religious values and/or experience that you feel would be helpful for me to know? If so, please describe:

8. **Sexuality:** What is your sexual orientation? heterosexual gay/lesbian bisexual other unsure

Sexual Relationship

From 1(low) to 5 (high)

How satisfied are you with your sexual relationship? _____

How satisfied do you perceive your partner to be regarding your sexual relationship? _____

9. **Other Information**

Do you have difficulty sleeping? Yes No

Have you experienced abuse? None: Not Sure:

Physical abuse

Emotional abuse

Sexual abuse

(Please check what you have experienced)

Is there any other information you think may help the therapist understand you? _____

10. **Expectations for Therapy**

What prompted you to seek therapy at this time? _____

What changes would you like to make? _____

11. **Referral: How did you find out about me?** _____

If someone suggested that you contact this office, please provide name and contact information

(optional): Name:

_____ Phone: _____ Address: _____

May I have permission to contact this person and acknowledge the referral? Yes No

Thank you for taking time to complete this form.