

Fern Counselling Intake Questionnaire (Optional)

This questionnaire allows me to quickly gather necessary information; it means we can start therapy sooner. If you feel uncomfortable filling it out, we can certainly complete it one-to-one. You may also choose to complete it in part. ***Check the end for details on confidentiality.***

Name (First, Middle Initial, Last) _____

Age, Date of Birth (Number, Day, Month, Year) _____

Address (Suite, Street, City, Postal Code)

Main Contact Phone Number (Number, Type, Message?)

Other Contact Phone Number (Number, Type, OK to leave Generic Message?)

Emergency Contact (Number, Relation to You)

Reason for seeking counselling

Occupation/Employment

Education/Training Achieved

Not Working: On Disability, On Income Assistance (Welfare), or Stay-At-Home Parent

Marital Status, Children if Any (include Gender, Ages)

Cigarettes/Day, if any _____

Substances (circle) daily use weekly occasionally rarely never in past

Alcohol (circle) yes no

Marijuana (circle) yes no

Street Drugs/Non-Prescribed Medication (circle) yes no

Physical Conditions, Chronic Pain, Accidents/Injuries

Mental Illness Diagnoses

Medications (Name, Dosage, New Prescription)

Suicide Attempts (circle) yes no

Self-Harming (circle) past current

Past counselling or mental health services (circle) yes no

Specific concerns you hope to address?

Anything else I should know or you want to share?

Anything you want or need to talk about right away?

How/where did you find Fern Counselling

All Done! Thank You.

Confidentiality Policies, Please Read and Initial

I understand that this document is confidential between Clara Sitar and myself unless Clara has serious concerns about safety (mine or others) or abuse/neglect (a child or vulnerable adult). No one else will have access to this document, except if in an extremely rare case it is subpoenaed in a court of law. It will be kept under lock and key at all times until it is securely shredded by Clara Sitar. If Clara obtains it electronically, she will immediately print it or put it on an encrypted external hard drive, permanently deleting any documents from her personal/work computer and her website.

Please Initial Here: _____