

**A BETTER YOU COUNSELING SERVICES, LLC**

1225 Johnson Ferry Road, Suite 170, Marietta, Georgia 30068  
404-216-1135

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**Client Information Form**

(Revised January 2010)

*\*This Form is Completely Confidential\**

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

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

Date of birth: \_\_\_\_\_ Gender: \_\_\_\_\_ 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: \_\_\_\_\_

Please note that I will communicate through email, but I cannot guarantee that information sent or received will remain confidential.

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

- May I have your permission to thank this person for the referral?  
 Yes  No
- If referred by another clinician, would you like for us to communicate with one another?  
 Yes  No

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

Name

Phone

I will only contact this person if we believe it is a life or death emergency. Please provide your signature to indicate 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** (if you need more room, please write on the back of this page):

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): \_\_\_\_\_

Sexual Identity: Heterosexual\_\_ Lesbian\_\_ Gay\_\_ Bisexual\_\_ Transgender\_\_ In Question\_\_

**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 6 7 <sup>EXCELLENT</sup>

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 6 7 <sup>EXCELLENT</sup>

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

Is spirituality important in your life? If so, please explain: \_\_\_\_\_

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

**EDUCATION & CAREER**

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

Are you currently employed? \_\_\_\_\_ If so, what do you do? \_\_\_\_\_

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

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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