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Patient's Name: _____

What lead you to this appointment?

Previous therapy experience? When, how long, why and was it helpful?

Please list your medications, and milligrams you take that are related to your mental health and for how long you have been taking them and who prescribes them (include supplements and any hormone medication):

Who is your support system?

What trauma and/or grief have you experienced? (What age (when), where, by whom)? Feel free to write these on a separate sheet of paper.

History of abuse resulting in: (Circle all that apply): physical, sexual, emotional, verbal, neglectful?

Have you had EMDR IFS/parts/inner child work done on you before?

Do you deal with depression or anxiety? If so, for how long?

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Are you suicidal? Yes or No (circle one)

Have you had any psychiatric inpatient stays in the past?

Do you have passive suicidal thoughts? Yes or No (circle one)

Have you had a prior suicide attempt(s)? If so, what was your method? Any there any rehab or eating disorder stays?

Have you lost someone close to you from death by suicide?

Do you currently self-harm?

Are there any ongoing legal issues I should be aware of right now?

What is your faith or beliefs regarding faith/spirituality?

If you feel depressed what does that feel and look like: (on a scale of 1-10—10 being the worst depression you've ever felt, where do you feel you are on that scale more days than not? What triggers it?

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If you feel anxious/panicky what does that feel and look like: (on a scale of 1-10—10 being the worst anxiety/panic you've ever felt, where do you feel you are on that scale more than days not?
What triggers it?

Are you social?

What/who do you perceive that influences you the most in life (bad and good)? This can be both human and distractions/social media:

What is your relationship with life like? People like?

What are your current coping skills?

What kind of family did you come from? Where were you raised? Briefly describe the relationship you have with family/friends now:

Do you tend to think more in the past, present or future?

When you think about negative beliefs you have pertaining to yourself can you write just 2, or one, down for me that seem to be the most predominant and tell me: 'How old does this part of me feel to be?' Examples: 'I am a bad person.' 'I'm ugly.' 'It's my fault.' 'I'm not safe.'

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What do you need from therapy and how can I help? (Treatment goals).