



**BACKGROUND QUESTIONNAIRE**

**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. If you do not desire to answer any question, merely write, "Do not care to answer." Please print or write clearly and bring it with you to the first session.**

**NAME:** \_\_\_\_\_ **GENDER:** \_\_\_\_\_ **DATE :** \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_ **BIRTHPLACE:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

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

**TELEPHONE: H:** \_\_\_\_\_ **Cell:** \_\_\_\_\_ **W/Off:** \_\_\_\_\_ **FAX:** \_\_\_\_\_

**FOR ROUTINE MESSAGES: Phone #** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**FOR CONFIDENTIAL/PRIVATE MESSAGES: Phone #** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

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

**PERSON & PHONE NO. TO CALL 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 the above problem (circle one):** Mild---Moderate---Severe---Very severe

**RELATIONSHIP STATUS:**  Single  Married  Partnered  Engaged  Separated  Divorced  
 Widowed  Living with someone  Remarried  Other: \_\_\_\_\_

**PRESENT SPOUSE/PARTNER:**

**Name:** \_\_\_\_\_ **Education:** \_\_\_\_\_ **Occupation:** \_\_\_\_\_

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

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



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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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

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

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

**Step-parents** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SIBLINGS** (name/age or year of death/cause of death & brief statement about the relationship):

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

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

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

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

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

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

**DESCRIBE CURRENT ALCOHOL USE** \_\_\_\_\_

**DESCRIBE CURRENT USE OF OTHER SUBSTANCES**(marijuana, tranquilizers, painkillers, sleeping pills etc)

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

**PAST DRUG/ALCOHOL USE/ABUSE** (include description of AA, NA, and other treatment):

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

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

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**FRIENDSHIPS, COMMUNITY, & SPIRITUALITY** (Describe quality, frequency, activities, etc.):

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**PAST 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. \_\_\_\_\_

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

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*3. USE THE OTHER SIDE OF THE PAGE FOR MORE INFORMATION ABOUT OTHER PSYCHOTHERAPISTS*

**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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**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 and dreams?**

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**List three main goals you would like to achieve from psychotherapy?**

1. 

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2. 

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3. 

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



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