



STEPHANIE CRUZ-TREVINO, M.A., LPC-S
VITALINSIGHTCOUNSELING@GMAIL.COM

PHONE 512.705.7990
WWW.VITALINSIGHTCOUNSELING.COM

Client Intake Form

Date: _____ How did you find out about Stephanie/The VIC center? _____

Name _____ DOB _____ GENDER _____

Address _____

City _____ State _____ Zip _____ Phone (cell/home/work) _____

Email Address _____

Preferred Mode of communication Email Phone

** Email and texts correspondence is not guaranteed to be a confidential mode of communication*

Employer Name _____ Occupation _____

1. What is your ethnicity/race? _____

2. Who do you live with? _____

3. Who is your support system? _____

4. Emergency Contact? _____ Phone _____

5. Do you have siblings? Yes No

How many sisters? _____ List ages _____

How many brothers? _____ List ages _____

6. Do you have children? Yes No

How many daughters? _____ List ages _____

How many sons? _____ List ages _____

7. Are you currently in a relationship? Yes No

Status: Married/Partner Living together Dating Separated Poly

How long in the current/primary relationship? _____

Number of Divorces: _____

8. Are you currently taking any psychiatric medication(s)? Yes No

If yes, please list: _____

Prescriber: _____ Current Provider? Yes No

Will you sign a Release of Information for the above provider? Yes No

9. Have you ever been treated at a psychiatric hospital? Yes No

If yes, dates and facility: _____

10. Have you ever had counseling/therapy before? Yes No

If Yes: When and how long? _____

11. Are you currently seeing another therapist? Yes No Purpose: _____

Will you sign a Release of Information for the above provider? Yes No

12. Are you currently having any thoughts of hurting yourself or others? Yes No

If yes please describe: _____

13. Do you drink alcohol? Yes No

How many times per week? _____ Drinks per sitting: _____

14. Do you use any other substance?

Substance: _____ Per week? _____ Amount: _____

Substance: _____ Per week? _____ Amount: _____

Substance: _____ Per week? _____ Amount: _____

15. Do you need help decreasing your use? _____

16. How would you rate your overall physical health?

Excellent Very good Good Not very good Poor

Please list any medical issues you have: _____

Current Treatment Provider: _____

Will you sign a Release of Information for the above provider? Yes No

15. What significant life changes or stressful events may impact your reason for coming in today?

If yes, please describe: _____

16. Is there anything else you would like to share that you think would be helpful for me to know?
