

**REBECCA J. TRIMBLE, MSW,LCSW**

**CLINICAL SOCIAL WORKER**

### **INTAKE QUESTIONS**

Do you carry mental health coverage or are you able to pay on a private fee basis?

Who is your mental health provider?

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What is the primary problem for which you are seeking counseling/psychotherapy?

How long has this problem persisted?

What are the current stressors in your life (family, relationship, employment, financial, legal, etc.)? Please explain.

What is your current symptomatology:  
(anxiety/depression/anger/fear/sleep/appetite/headaches/stomach issues/ chronic pain, etc.)

Are you on any medication(s) for anxiety/depression? If so, what, for how long, and prescribing physician.

Have you been in counseling/therapy previously? If so, when, for how long, what for, and name of therapist?

How is your general physical health? (Any special medical concerns and/or medications for physical conditions)?

Do you have any substance use or abuse issues? If so, please explain:

Is there a history of mental health or substance abuse issues in your family? If so, please explain:

Is religion or spirituality important to you? If so, please explain:

What are your strengths?

What are your weaknesses?

What are your interests/hobbies/outside activities?

Do you have good friendships and/or a satisfying social life?

Do you routinely practice exercise and healthy nutrition in your life?

What would you like to gain from therapy?

Name: \_\_\_\_\_ Date: \_\_\_\_\_