Information to Help Me Help You

Name Date / /

Who referred you to Dr. Rosenak?

Briefly describe the most important problem you want to work on in counseling:

Describe your spirituality:

My religious affiliation is:

Previous counseling/therapy/hospitalization for emotional problems: When

Where: With Whom:

For what problem

On a scale of 1 to 5, how hopeful are you that therapy will help you resolve problems?

1 2 3 4 5

not hopeful only a little unsure somewhat hopeful very hopeful
  
Check any of the following which apply to you:

1 My marriage needs help.

2 I am having problems getting along with members of my family.

3 A recent or current divorce is affecting my life.

4 I have an outside relationship that is interfering with my marriage.

5 My spouse has an outside relationship that is interfering with my marriage.

6 I have been sexually abused.

7 I am having sexual difficulties with my spouse.

8 Premarital sexual activity is one of my counseling concerns.

9 My husband/wife physically abuses me.

10 There is/has been child abuse in my home.

11 Child custody is a concern.

12 My child has behavior problems.

13 I believe I am depressed.

14 I have poor self-esteem.

15 I am awkward socially.

16 I need more intimate friends.

17 I am confused about what career to pursue.

18 I have made an attempt in the past to take my life.

19 I have been knocked unconscious on one or more occasions.

20 I have problems with alcohol/drugs. (Circle which one.)

21 At least one of my family members has misused alcohol or drugs.

22 I have a problem with stress.

23 I have problems with food.

24 I have recently experienced a trauma such as rape, assault, or something else.

25 I have irrational fears.

26 I have emotionally-caused physical illnesses.

27 I fear that my problems are very deep and relate to my personality.

28 I hear voices and see things that aren't real.

29 I have unusual sexual problems.

30 I am very angry at a situation or person but I am expressing my anger indirectly.

31 I can't seem to get over a recent loss I have experienced.

32 I often have suicidal thoughts

33 I am confused about my sexual identity

34 My religion causes me to feel very guilty.

35 I have a physical illness that affects my well-being:

36 I want to enhance my athletic capabilities and/or performance level in:

37 There are other important aspects to my problem, not listed above.

38 I am on the following medications:

What do you hope your therapist can to do to help you?