



*New Heights*  
Counseling & Consulting, LLC  
Finding Answers - Reaching Aspirations

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

DOB: \_\_\_\_\_

## Client History

**Why are you seeking help now?**

**What is happening or is different? What stressors do you have? What do you hope will be different by seeking help?**

**Please give more details about the issue you named above:**

**When did it start? How often does it happen? How does it affect your life? How have you dealt with it so far?**

**Have you ever experienced similar or other mental health symptoms before?**

**If so, what was your experience like? When did it happen? Did you get help?**

**Has anyone in your family ever experienced mental health or substance use issues?**

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**If so, who was it? Did they seek help or get a diagnosis? What was it like for them? What was it like for you?**

**Do you have any current or prior medical issues?**

**If so, what was/is it? Have you seen a doctor or other healthcare professional for it? What recommendations or treatment did you have? Is there any family history of disease?**

**Are you currently prescribed any medications?**

**If so, please list the name, dosage, how often you take it, and the prescriber for each medication.**

**Do you now, or have you ever, used alcohol, tobacco, recreational drugs, or prescription medication other than as prescribed?**

**If so, which? When did you start, how often did/do you use, and how long did this occur? Please list each substance separately.**

**Who is in your family? What is your relationship with them like?**

**Please list all individuals you consider to be a part of your family. For those who are not part of your family of origin (such as significant others), please include the duration of your relationship.**

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**What social activities and relationships do you engage in?**

**What important social relationships do you have? Do you belong to any social clubs or organizations? How do you like to spend your leisure time?**

**What spiritual practices and cultural influences are important to you?**

**Do you belong to a religious, faith, or spiritual community? What other cultural groups do you identify with? How do you celebrate culture and spirituality in your life?**

**What was life like as you were growing up, both at home and in school?**

**Did you meet developmental milestones on time or experience any delays? What were your friends like when you were younger? What was school like for you?**

**What significant educational and work/volunteer experiences have you had?**

**What is the highest level of education you have completed? Are you currently employed? If so, where and for how long?**

**What other work and educational experiences have you had (such as a stay-at-home parent or semester abroad)? Are you satisfied with your current employment and education?**

**Do you have any current or prior legal issues?**

**Were you ever arrested or charged with a crime or misdemeanor? Do you have any involvement with the civil courts, such as a lawsuit or family law matter? If so, please describe them.**

**What strengths and abilities are you bringing to sessions? What needs or preferences do you have that will help us be successful?**

**What coping skills have been working for you so far? What is important to know that will help make our time more effective for you?**

**What else is important to know about you?**

