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Psychotherapy Intake Form

Date _____

Name _____ Preferred Name _____

Age _____ Date of Birth _____

Birth Sex _____ Gender Identity _____

Street Address _____

City _____ State _____ Zip Code _____ County _____

Home Phone _____ Work Phone _____

Cell Phone _____ Is it okay to leave a discreet voicemail? _____

Email Address _____

Marital Status _____ If married, number of years _____

Emergency Contact _____ Relationship _____

Emergency Phone Number _____

Highest Level of Education Attained _____

Are you currently employed? _____ Name of Employer _____

Job Title _____ How long? _____

Employment Satisfaction: (poor) 1 2 3 4 5 6 7 8 9 10 (extremely satisfied)

How did you hear about DSW Diversity Consulting?

Please briefly describe your presenting concern:

How long have you had these concerns? _____

What do you hope to gain from therapy?

How long do you expect to be in therapy to accomplish these goals? _____

Medical Information

Please explain any significant medical problems, symptoms, or illnesses

How many hours of sleep do you get per night on average? _____

Do you have difficulty falling asleep? _____ If so, how often? _____

Do you frequently awaken in the middle of the night? _____ If so, how often? _____

Do you have frequent nightmares? _____ If so, how often? _____

Current Medications

Name of Medication	Dosage	Purpose	Name of Prescribing Doctor

Do you smoke or use tobacco? _____ If so, how many per day? _____

Do you consume caffeine? _____ If so, how often? _____

Do you drink alcohol? _____ If so, how often? _____ How much? _____

Do you smoke marijuana? _____ If so, how often? _____ How much? _____

Do you use any illicit drugs? _____ If so, which drug? _____

Have you ever abused any prescription drugs? _____ If so, which? _____

Have there ever been any negative consequences due to substance use (i.e. DUIs, arrests, fights, conflicts with family members or friends)? If so, please describe:

Have you ever gone to therapy before? _____ Length of therapy? _____

Reason for therapy? _____

What did you find helpful about the therapy?

Have you ever been admitted to an inpatient psychiatric hospital? _____

If so, what was the approximate date and reason?

Have you ever attempted suicide? _____ If so, when? _____

What method was used (i.e. overdose, hanging, etc.)

Family and Relationship Information

Marital Status _____

Were you previously married? _____ How many times? _____

Sexual Orientation _____

Are you currently in a relationship? _____ Length of Current Relationship _____

Relationship Satisfaction (extremely dissatisfied) 1 2 3 4 5 6 7 (extremely satisfied)

Do you have children? _____ How many? _____ Ages? _____

Where there any miscarriages? _____ Abortions? _____

Is there a family history of mental health issues or substance use? _____

Please explain:

Are there any current stressors in your life (i.e. job loss, financial problems, relationship stress, etc.)?

Do you have a history of physical, emotional, or sexual abuse? _____ If so, please briefly explain:

What do you believe are your strengths?

Symptom Checklist

<input type="checkbox"/> Anxious	<input type="checkbox"/> Severe weight loss	<input type="checkbox"/> Nightmares
<input type="checkbox"/> Sadness/Depression	<input type="checkbox"/> Difficulty with Parents	<input type="checkbox"/> Nausea
<input type="checkbox"/> Mood Changes	<input type="checkbox"/> Difficulty with Children	<input type="checkbox"/> Abdominal Distress
<input type="checkbox"/> Easily Angered or Bad Temper	<input type="checkbox"/> Marriage/Partnership conflict	<input type="checkbox"/> Fainting
<input type="checkbox"/> Panic	<input type="checkbox"/> Problems with friends	<input type="checkbox"/> Dizziness
<input type="checkbox"/> Fears	<input type="checkbox"/> Problems with coworkers	<input type="checkbox"/> Shortness of breath
<input type="checkbox"/> Irritability	<input type="checkbox"/> Employer	<input type="checkbox"/> Chest pain
<input type="checkbox"/> Poor concentration	<input type="checkbox"/> Finances	<input type="checkbox"/> Sweating
<input type="checkbox"/> Headaches	<input type="checkbox"/> Legal problems	<input type="checkbox"/> Heart palpitations
<input type="checkbox"/> Loss of memory	<input type="checkbox"/> Sexual concerns	<input type="checkbox"/> Muscle tension
<input type="checkbox"/> Excessive worry	<input type="checkbox"/> Grief	<input type="checkbox"/> Fidgeting
<input type="checkbox"/> Manic or elevated mood	<input type="checkbox"/> History of child abuse	<input type="checkbox"/> Hyperactivity
<input type="checkbox"/> Difficulty trusting others	<input type="checkbox"/> Domestic violence	<input type="checkbox"/> Chills or hot flashes
<input type="checkbox"/> Difficulty communicating	<input type="checkbox"/> History of sexual abuse/rape	<input type="checkbox"/> Easily distracted
<input type="checkbox"/> Drugs	<input type="checkbox"/> Thoughts of hurting someone	<input type="checkbox"/> Careless mistakes
<input type="checkbox"/> Excessive alcohol	<input type="checkbox"/> Thoughts of suicide	<input type="checkbox"/> Frequent crying
<input type="checkbox"/> Excessive caffeine	<input type="checkbox"/> Sleeping too much	<input type="checkbox"/> Severe weight gain