

Date: _____



Confidential Client Information: Adult Form

Welcome to the West Island Therapy Centre. We want to make the most of each appointment you have with us. One way of doing this is for you to write down some basic information in advance of your first appointment. Please fill out the following as completely and legibly as possible. This information is confidential. If you have concerns about the relevance of any information and wish to leave it out, please feel free to do so.

Information:

Name: _____

Address: _____

City: _____

Prov, Postal Code: _____

Home number: _____ Cell number: _____ Email address: _____

Birthdate: _____ Age: _____

Birthplace: _____

Family Doctor: _____

Relationship status: _____

Children (gender, age): _____

Education (grade completed, any postsecondary): _____

Current Occupation: _____

Name and phone number of person to alert in the event of an emergency:

Please describe any significant current or past medical problems:

14770 Pierrefonds Blvd. | Suite 102 | Pierrefonds, Quebec | H9H 4Y6 | T 514.696.0948

www.westislandtherapycentre.com

Please list any medications you currently take. Include prescription and over-the-counter medications and the dosage of each:

Have you had previous psychological care or counseling? Yes No

If yes, please give the name of the clinician(s), the months you saw them (e.g., Nov 06 - Feb 07), and the nature of the difficulty at the time.

Have you ever been hospitalized for a psychological difficulty? Yes No

If yes, please give the dates and the nature of the difficulty at the time:

In your own words, what is the nature of the concern that you wish to address in therapy? Feel free to describe this in as much or as little detail as you wish:

Therapy can be a powerful force for change. In order for it to be most effective it helps to have a clear and specific goal. You may find it difficult to express your hopes for therapy in the form of a goal, but please make at least an initial effort. You can discuss this further with your therapist. Feel free to list more than one goal if you wish:
