

HIPAA Notice of Privacy Practices

Effective as of March/1/2022

Reflections Counseling of Denton, PLLC
1306 N Locust St., Denton, Texas 76201
940-367-9887

Your Information. Your Rights. Our Responsibilities.

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

This Notice of Privacy Practices describes how we may use and disclose your protected health information (PHI) to carry out treatment, payment or health care operations (TPO) and for other purposes that are permitted or required by law. It also describes your rights to access and control your protected health information. "Protected health information" is information about you, including demographic information, that may identify you and that relates to your past, present or future physical or mental health condition and related health care services.

USES AND DISCLOSURES OF PROTECTED HEALTH INFORMATION

Your protected health information may be used and disclosed by your physician, our office staff and others outside of our office that are involved in your care and treatment for the purpose of providing health care services to you, to pay your health care bills, to support the operation of the physician's practice, and any other use required by law.

Treatment: We will use and disclose your protected health information to provide, coordinate, or manage your health care and any related services. This includes the coordination or management of your health care with a third party. For example, your protected health information may be provided to a physician to whom you have been referred to ensure that the physician has the necessary information to diagnose or treat you.

Payment: Your protected health information will be used, as needed, to obtain payment for your health care services. For example, obtaining approval for a hospital stay may require that your relevant protected health information be disclosed to the health plan to obtain approval for the hospital admission.

Healthcare Operations: We may use or disclose, as-needed, your protected health information in order to support the business activities of your physician's practice. These activities include, but are not limited to, quality assessment, employee review, training of medical students, licensing, and conducting or arranging for other business activities. For example, we may disclose your protected health information to medical school students that see patients at our office. In addition, we may use a sign-in sheet at the registration desk where you will be asked to sign your name and indicate your physician. We may also call you by name in the waiting room when your physician is ready to see you. We may use or disclose your protected health information, as necessary, to contact you to remind you of your appointment, and inform you about treatment alternatives or other health-related benefits and services that may be of interest to you.

We may use or disclose your protected health information in the following situations, except SUD records as explained in Feb 15, 2026 addendum, without your authorization. These situations include: as required by law, public health issues as required by law, communicable diseases, health oversight, abuse or neglect, food and drug administration requirements, legal proceedings, law enforcement, coroners, funeral directors, organ donation, research, criminal activity, military activity and national security, workers' compensation, inmates, and other required uses and disclosures. Under the law, we must make disclosures to you upon your request. Under the law, we must also disclose your protected health information when required by the Secretary of the Department of Health and Human Services to investigate or determine our compliance with the requirements under Section 164.500.

Provided By HCSI

Other Permitted and Required Uses and Disclosures will be made only with your consent, **authorization** or opportunity to object unless required by law. **You may revoke the authorization**, at any time, in writing, except to the extent that your physician or the physician's practice has taken an action in reliance on the use or disclosure indicated in the authorization.

YOUR RIGHTS

The following are statements of your rights with respect to your protected health information.

You have the right to inspect and copy your protected health information (fees may apply) – Under federal law, however, you may not inspect or copy the following records: Psychotherapy notes, information compiled in reasonable anticipation of, or used in, a civil, criminal, or administrative action or proceeding, protected health information restricted by law, information that is related to medical research in which you have agreed to participate, information whose disclosure may result in harm or injury to you or to another person, or information that was obtained under a promise of confidentiality.

You have the right to request a restriction of your protected health information – This means you may ask us not to use or disclose any part of your protected health information and by law we must comply when the protected health information pertains solely to a health care item or service for which the health care provider involved has been paid out of pocket in full. You may also request that any part of your protected health information not be disclosed to family members or friends who may be involved in your care or for notification purposes as described in this Notice of Privacy Practices. Your request must state the specific restriction requested and to whom you want the restriction to apply. By law, you may not request that we restrict the disclosure of your PHI for treatment purposes.

You have the right to request to receive confidential communications – You have the right to request confidential communication from us by alternative means or at an alternative location. You have the right to obtain a paper copy of this notice from us, upon request, even if you have agreed to accept this notice alternatively i.e. electronically.

You have the right to request an amendment to your protected health information – If we deny your request for amendment, you have the right to file a statement of disagreement with us and we may prepare a rebuttal to your statement and will provide you with a copy of any such rebuttal.

You have the right to receive an accounting of certain disclosures – You have the right to receive an accounting of all disclosures except for disclosures: pursuant to an authorization, for purposes of treatment, payment, healthcare operations; required by law, that occurred prior to April 14, 2003, or six years prior to the date of this request.

You have the right to obtain a paper copy of this notice from us even if you have agreed to receive the notice electronically. We reserve the right to change the terms of this notice and we will notify you of such changes on the following appointment. We will also make available copies of our new notice if you wish to obtain one.

You have the right to Choose someone to act for you: - If you have given someone medical power of attorney or if someone is your legal guardian, that person can exercise your rights and make choices about your health information.

- We will make sure the person has this authority and can act for you before we take any action.

COMPLAINTS

You may complain to us or to the Secretary of Health and Human Services if you believe your privacy rights have been violated by us. You may file a complaint with us by notifying our Compliance Officer of your complaint. **We will not retaliate against you for filing a complaint.**

We are required by law to maintain the privacy of, and provide individuals with, this notice of our legal duties and privacy practices with respect to protected health information. We are also required to abide by the terms of the notice currently in effect. If you have any questions in reference to this form, please ask to speak with our HIPAA Compliance Officer in person or by phone at our main phone number.

Provided By HCSI

Required Addendum to our NPP (Notice of Privacy Practices)

Effective as of February 15, 2026

Reflections Counseling of Denton, PLLC
1306 N Locust St., Denton, Texas 76201
940-367-9887

Special Privacy Protections for Certain Health Information

We are not primarily a substance use disorder (SUD) treatment program. We may receive and maintain SUD-related information incidentally (e.g., referrals, history, meds, labs) and that information we maintain may be subject to additional federal privacy protections, including records related to the diagnosis, treatment, or referral for treatment of a substance use disorder. These records are protected by federal law (42 C.F.R. Part 2), which, in some cases, is more restrictive than HIPAA. When these stricter rules apply, we follow them.

How We May Use and Disclose Health Information

We may use and disclose your health information for treatment, payment, and health care operations. When information includes substance use disorder records, additional legal requirements may apply, including your written consent before using or disclosing that information.

Limits on Use of Substance Use Disorder Records

Federal law places strict limits on how substance use disorder records may be used or disclosed. Substance use disorder records cannot be used or disclosed to initiate or substantiate civil, criminal, administrative, or legislative proceedings without written consent or a qualifying court order.

Authorization and Consent

Certain uses and disclosures require written authorization. You may revoke authorization at any time by written request, except where already relied upon. If your health information includes substance use disorder records, your authorization may allow us to use and disclose that information for treatment, payment, and health care operations, as permitted by law.

Your Rights Regarding Your Health Information

You have rights to inspect, access, amend, request restrictions, request confidential communications, and receive an accounting of disclosures, as permitted by law.

Redisclosure Notice

If your health information is disclosed to another party, that party may be permitted to redisclose the information, and it may no longer be protected by HIPAA. However, substance use disorder records may continue to be protected by federal law even after disclosure, depending on the circumstances.

Public Health and De-Identified Information

We may disclose de-identified health information for public health, research, or health care operations purposes as permitted by law. De-identified information does not identify you and cannot reasonably be used to identify you.

Fundraising Communications

We may contact you for fundraising purposes. You have the right to opt out of receiving fundraising communications at any time. Your decision to opt out will not affect your access to care.

Complaints and Enforcement

If you believe your privacy rights have been violated, you may file a complaint with us or with the U.S. Department of Health and Human Services. You will not be retaliated against for filing a complaint.

Changes to This Notice

We reserve the right to change this Notice of Privacy Practices at any time. Any changes will apply to all health information we maintain. The current version of this Notice will be available upon request and on our website.

Reflections Counseling of Denton
1306 N. Locust Street, Denton, Texas 76201
(940) 367-9887

ACKNOWLEDGMENT OF OUR NOTICE OF PRIVACY PRACTICES

I hereby acknowledge that I have received or have been given the opportunity to receive a copy of Reflections Counseling of Denton's Notice of Privacy Practices. By signing below, I am *only* giving acknowledgment that I have received or have had the opportunity to receive the Notice of our Privacy Practices.

Print Client Name

Client Signature

Date

Print Client Name

Client Signature

Date

Reflections Counseling of Denton
1306 N. Locust Street, Denton, TX 76201

Phone: 940-367-9887

Fax: 940-243-0398

Client Consent to Treatment

I understand that, under the Health Insurance Portability & Accountability Act of 1996 (HIPAA), I have certain rights to privacy regarding my protected health information. I understand that this information can and will be used to:

- Conduct, plan and direct my treatment and follow-up among the multiple healthcare providers who may be involved in that treatment directly and indirectly.
- Obtain payment from third-party payers.
- Conduct normal healthcare operations such as quality assessments and physician certifications.

I have been informed by you of your Notice of Privacy Practices containing a more complete description of the uses and disclosures of my protected healthcare information. I have been given the right to review such Notice of Privacy Practices prior to signing this consent. I understand that this organization has the right to change its Notice of Privacy Practices from time to time and that I may contact this organization at any time at the address above to obtain a current copy of the Notice of Privacy Practices.

I understand that I may request in writing that you restrict how my private information is used or disclosed to carry out treatment, payment or health care operations. I also understand you are not required to agree to my requested restrictions, but if you do agree then you are bound to abide by such restrictions.

I understand that I may revoke this consent in writing at any time, except to the extent that you have taken action relying on this consent.

Print Client Name

Client Signature

Date

Print Client Name

Client Signature

Date

New Couple Client Information

Client 1 Name _____

Address _____ City _____ State _____ Zip _____

Birthdate _____ Age _____ SS# _____ Male Female

*Primary Phone: _____ Home Work Cell

*Alternate Phone: _____ Home Work Cell

Check Appropriate Box: Employed Unemployed Retired Full-time Student Part-time Student

Employer _____ Work Phone _____

If Client is a student, name of school/college _____

Emergency Contact _____ Relationship to Client _____ Phone _____

Client 2 Name _____

Address _____ City _____ State _____ Zip _____

Birthdate _____ Age _____ SS# _____ Male Female

*Primary Phone: _____ Home Work Cell

*Alternate Phone: _____ Home Work Cell

Check Appropriate Box: Employed Unemployed Retired Full-time Student Part-time Student

Employer _____ Work Phone _____

If Client is a student, name of school/college _____

Emergency Contact _____ Relationship to Client _____ Phone _____

**By entering your telephone contact information above, you give permission for your counselor's office personnel to leave messages on your answering machine and/or voicemail regarding your appointments and billing balances. You also acknowledge that you understand you may not be the only person to hear said messages.*

Clients' Relationship Status: Dating Engaged Married Separated

How did you learn about Reflections Counseling of Denton?

Reflections Counseling of Denton website Google Psychology Today Internet search

Referred by _____ Other _____

Client Signature _____ Date _____

Client Signature _____ Date _____

Heather N. Smith, M.Ed., Licensed Professional Counselor
Reflections Counseling of Denton
1306 N. Locust Street, Denton, TX 76201
940-367-9887

PROFESSIONAL DISCLOSURE STATEMENT

Qualifications: In May of 2004 I obtained a Bachelor of Science degree in counseling with a minor in psychology through Texas A&M-Commerce. I continued my studies and earned a Masters of Education in counseling from The University of North Texas (UNT) in August of 2007. While at UNT I participated in advanced play therapy training through The Center for Play Therapy. In the summer of 2009 I participated in advanced training in Cognitive Behavioral Therapy by attending Dr. Aaron T. Beck's training seminar at the Beck Institute in Philadelphia, PA. My formal education has prepared me to counsel children, adolescents, and adults in both the individual and group settings.

In accordance with the state laws of Texas I hold a license as a Licensed Professional Counselor, License # 63750. Counselors wishing to practice must maintain mandatory credential checks with state agencies that grant licenses and regulate professional behavior.

Experience: During my studies at the University of North Texas I completed two internships. The first internship was through the University's Center for Play Therapy where I worked with preschool aged children and their families. The second internship was acquired through University Behavioral Health where I worked with children, adolescents, and adults in both individual and group settings. After graduating I spent two years interning for Dr. Townsend-Parchman, adult psychiatrist. During that time I worked with children, adolescents, couples, and individuals. I have been fully licensed in the state of Texas since December 2010. My specialties include thought disorders and personality disorders.

Nature of Counseling: My theory of counseling is Cognitive Behavioral, which is based on the premise that people's thoughts influence their feelings and behaviors. I believe that an individual has within themselves the capacity for change by challenging their perceptions, assessing their expectations, and forming new, healthy and realistic beliefs about themselves, others, and their world. Counseling is an opportunity for you to work on specific issues such as trust, relationships, goals, and who you are as a person, etc. Our counselor/client relationship is a two-way relationship in which we will work together to identify goals of counseling to help you gain new insight into existing concerns in your life. Most importantly I ask that you remember that counseling is a process. Counseling is not a quick fix or a fix all solution. It is however, a helpful tool that is best utilized throughout an individual's life when stressors and/or events call for it.

Conditions of Counseling

Court: I do not agree to serve as an expert witness or to provide testimonial services for you and you agree not to cause me to be used in this way. Should you or your attorney subpoena me as a factual case witness or involve me in court-related proceedings, you agree to pay Reflections Counseling of Denton \$200 for every hour of my time involved including case preparation, phone calls with attorneys, travel and witness time. You further agree to pay a retainer fee of \$1000.00 at the time a subpoena is served, to be applied toward these charges. If a subpoena is issued for me it will be turned over to my attorney and I will consult with that attorney as necessary. A bill will be rendered to you for immediate payment when a subpoena is issued. Please let me know before establishing a counseling relationship if you are attending counseling for court or court-related purposes/motives.

Counseling Relationship: Unless you prefer otherwise, I will call you by your first name. Please call me Heather. During the time you and I work together, we usually will meet weekly for approximately 45-minute sessions. Although our sessions may be psychologically deep, ours is a professional relationship rather than a social one. Therefore, please do not invite me to social events, bring me gifts, ask to barter or exchange services, ask me to write references for you, or ask me to relate to you in any way other than the professional context of our counseling relationship. You will benefit the most if our interactions address your concerns exclusively.

I conduct all counseling sessions in English or with a translator for whom you arrange and pay. I do not discriminate on the basis of race, gender, religion, national origin, disability, or sexual orientation. If significant differences, such as in culture or belief system, exist between us, I will work to understand those differences.

Effects of Counseling: At any time, you may initiate with me a discussion of possible positive or negative effects of entering or not entering into, continuing, or discontinuing counseling. I expect you to benefit from counseling. However, I cannot guarantee any specific results. Counseling is a personal exploration that may lead to major changes in your life perspectives and decisions. These changes may affect significant relationships, your job, and/or your understanding of yourself. You may feel troubled, usually only temporarily, by some of the things you learn about yourself or some of the changes you make. In addition, counseling can, at times, result in long lasting effects. For example, one risk of couple counseling is the possibility that the marriage may end. Although the exact nature of changes resulting from counseling cannot be predicted, I intend to work with you to achieve the best possible results for you.

Client Rights: Some clients achieve their goals in only a few counseling sessions, whereas others may require months or even years of counseling. As a client, you are in complete control and may end our counseling relationship at any time. If you choose to end the counseling relationship, I ask that you participate in a termination session. You also have the right to refuse or to discuss modification of any of my counseling techniques or suggestions that you believe might be harmful. I render counseling services in a professional manner consistent with the current ethical practices promulgated by the Ethical Codes of the Texas State Boards of Examiners of Licensed Professional Counselors and the HIPAA security and privacy rules. If at any time for any reason you are dissatisfied with my services, please let me know so that existing issues can be worked through. If after speaking with me your concerns still persist, you may report your complaints to the Texas Board of Examiners of Licensed Professional Counselors.

Emergencies: Telephone conversations cannot adequately substitute for therapy sessions. Phone calls are intended for emergencies or scheduling appointments. There is no charge for calls which last less than ten minutes during normal business hours. After hour calls and calls lasting more than ten minutes are billed at \$1 per minute. In the event you are having a crisis and are unable to reach me, you should go to your nearest hospital emergency room.

Independent Contractors: Each client within Reflections Counseling of Denton is under the care of a counselor. Counselors are not employees of Reflections Counseling of Denton, and therefore, are independent contractors. Counselors assume responsibility for the mental health care they provide.

Confidentiality: All of our communication becomes part of the clinical record, which may be accessible to you upon written request. I will keep confidential anything you say to me, with the following exceptions: a) you direct me to release your records; b) I determine that you are a danger to yourself or someone else including you potentially infecting someone else with a life-threatening illness; c) you disclose abuse, neglect, or exploitation of a child, elderly, or disabled person; d) you disclose having been sexually abused as a child and disclose the offenders name and/or relationship to you; e) you disclose sexual contact with a mental health professional with whom you had a professional therapeutic relationship; f) I am ordered by a court to disclose information; or e) threats to national security.

As part of Reflections Counseling of Denton, I meet with the other professionals of this office on a weekly basis for case management. During this time, I may talk about your treatment to gain feedback on different approaches and/or techniques that could be beneficial in use during your sessions.

Modern means of communication including cell phone and email, have inherit limitations to privacy. Reflections Counseling of Denton counselors use business cell phones. Your signature below indicates you have been informed, understand, and accept the limitations should you communicate with me or my associates through these mediums.

I may present programs at professional conferences and/or publish in professional publications on the topic of counseling. In this case, I may refer to my experiences as a counselor. If I make reference to my counseling with you, I will do so in a way that disguises your identity. If I cannot make such a reference without revealing your identity, I will ask you to sign a waiver. If you do not agree to sign, I will not make identifiable reference to you. You are not required to waive your right to confidentiality at any time.

Further information about confidentiality is addressed in the Notice of Privacy Practice and Informed Consent.

In the event that I believe you are in danger, physically or emotionally, to yourself or another person, you specifically consent for me to warn the person in danger and to contact the following persons, in addition to medical and/or law enforcement personnel:

Name	Relationship	Telephone Number
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Records: Records are kept of all of our communications, including contact via phone and email, and are maintained in the form of paper and electronic files. Your record is my property and will be stored for seven years after your file is closed. Records for minor clients are destroyed seven years after the client turns 18 years of age.

Conditions of Ongoing Counseling: If you have been in counseling or psychotherapy during the past seven years, I am ethically and legally required to request you to sign a release so I may communicate with and/or receive copies of records from the professional(s) from whom you received mental health services. This practice ensures continuity of care so that I may provide you with the best treatment possible.

Referrals: I recognize that not all conditions presented by clients are appropriate for treatment at this office. For this reason, you and/or I may believe that a referral is needed. In that case, I will provide some alternatives including programs and/or people who may be available to assist you. A verbal and written exploration of alternatives to counseling will be made available upon request. You will be responsible for contacting and evaluating those referrals and/or any other alternatives.

Affirmation: By your signature below, you are indicating that you read and understood this statement, that any questions you had about this statement were answered to your satisfaction, and that you were furnished a copy of this statement. By my signature, I verify the accuracy of this statement and acknowledge my commitment to conform to its specifications.

Client's Signature

Date

Client's Signature

Date

Counselor's Signature

Date

Reflections Counseling of Denton
Heather Nachole Smith, M.Ed., LPC-S
(940) 367-9887

Counseling Policies

Please Initial Each Item:

_____ I understand that Heather N. Smith, M.Ed., is an independent licensed professional counselor whom shares office space with other independent counselors through Reflections Counseling of Denton.

_____ I understand that Ms. Smith does not provide 24-hour crisis counseling. Should I experience an emergency necessitating immediate mental health attention, I will immediately call 9-1-1 or go to the nearest emergency room for assistance.

_____ I understand that Ms. Smith reserves the right to increase her fees for services at any time. In the event that a decision to do so is made, I understand that a notice will be posted at the front desk one month prior to the new charges taking effect.

_____ I understand that if a phone consultation lasting over 10 minutes is necessary I will be billed \$1 per minute. I also understand that this fee will be due prior to my next session with Ms. Smith.

_____ I understand and agree to pay for any appointments I fail to attend or cancel without 48 hour notice. Furthermore, I understand that if I reschedule an appointment within the same week without 48 hour notice, I will be need to pay an administration fee of \$25.

_____ I understand that if a check is returned, a processing fee of \$35 will be assessed to my account. Additionally, I will need to make a cash or money order payment for the returned check and \$35 processing fee. After a returned check, Reflections Counseling of Denton may require credit card or cash payment for future appointments.

_____ I understand that Ms. Smith is not an expert witness nor does she provide testimonial services.

_____ I understand that should I cause Ms. Smith to be subpoenaed as a factual case witness or involve her in court-related processes, I will be required to pay a retainer fee of \$1000, with a charge of \$200 every hour she is involved in the case preparation, phone calls, travel, and witness time, etc.

_____ I understand that if I do issue Ms. Smith a subpoena that my subpoena will be directly turned over to her attorney and a bill will be rendered to me for immediate retainer fee payment.

Client Affirmation:

Sign _____ Date _____

Reflections Counseling of Denton
1306 N. Locust Street
Denton, Texas 76201
Phone: (940) 367-9887 Fax: (940) 243-0398

Credit Card Authorization Form

I, _____, hereby authorize Reflections Counseling of Denton to use
(cardholder name)
the following credit card information as payment on behalf of _____.
(client name)

Agree to and initial **one** of the following:

_____ Reflections Counseling of Denton may charge this card for appointments held, same-day cancellations, and no-shows.

_____ Reflections Counseling of Denton may *only* charge this card in the event of a same-day cancellation or no-show. Another form of payment will be used for appointments held.

Credit Card Information:

Credit card #: _____

Expiration Date: _____ (mm/yy) Card Security Code: _____

Type of card: VISA MASTERCARD AMERICAN EXPRESS DISCOVER
(circle one)

Credit card statement address:

Cardholder Signature

Date

Please note: If your card is declined we will make an attempt to contact you to receive payment with another method. If we are unable to contact you, we will run the card on file once a week until approved.

Additional Information – Client 1

Educational Background: Please check your highest level of education.

- Middle School High School or GED Some College/Tech School
 Associate Degree 4-Year Degree Graduate Degree
 Post-Graduate Degree

Religious/Spiritual Identification: Please check the box that best describes your religious or spiritual affiliation.

- Baptist Catholic Mormon Jehovah's Witness
 Jewish Muslim Buddhist Non-Religious/Spiritual
 Other If Other, please describe: _____

Drug and Alcohol Use

Do you use alcohol? Yes No If yes, how many drinks per week? _____

Has anyone ever expressed concern for your alcohol use habits? Yes No

Do you have concerns about any of your family members' alcohol use habits? Yes No

Do you use any substances other than alcohol for non-medical purposes? Yes No

If yes, how frequently do you use? _____

If yes, what substances? _____

Mental Health History:

Have you ever been diagnosed with any mental health conditions? Yes No

If yes, please describe: _____

Have you ever engaged in any self-harm behaviors (e.g., cutting, risk-taking, suicidal thoughts/behaviors, etc.)? Yes No

If yes, please describe and indicate the date when these last occurred: _____

Have you ever sought mental health services before? Yes No

If yes, please describe when and the reason for seeking services: _____

Reasons for Therapy:

Which of the following best describes why you are seeking therapy right now? (Select all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Couple Relationship Issues | <input type="checkbox"/> Couple Relationship Improvement |
| <input type="checkbox"/> Sex/Intimacy Issues | <input type="checkbox"/> Considering Separation/Divorce |
| <input type="checkbox"/> Life Stressors | <input type="checkbox"/> Family Relationship Issues |
| <input type="checkbox"/> Child Behavioral Issues | <input type="checkbox"/> Parenting Issues |
| <input type="checkbox"/> Individual Struggles (e.g. feelings of sadness, worry, stress, experience of trauma/abuse, etc.) | <input type="checkbox"/> Academic Struggles |

Other If Other, please explain: _____

On a scale of 1-10, how serious is your concern (1 = not serious at all, 10 = extremely serious)?
(Circle the number that applies)

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, how likely is it for your concern to change by attending therapy (1 = very unlikely, 10 = extremely likely)? (Circle the number that applies)

1 2 3 4 5 6 7 8 9 10

Is there anything else you would like me to know?

Additional Information – Client 2

Educational Background: Please check your highest level of education.

- Middle School High School or GED Some College/Tech School
 Associate Degree 4-Year Degree Graduate Degree
 Post-Graduate Degree

Religious/Spiritual Identification: Please check the box that best describes your religious or spiritual affiliation.

- Baptist Catholic Mormon Jehovah's Witness
 Jewish Muslim Buddhist Non-Religious/Spiritual
 Other If Other, please describe: _____

Drug and Alcohol Use

Do you use alcohol? Yes No If yes, how many drinks per week? _____

Has anyone ever expressed concern for your alcohol use habits? Yes No

Do you have concerns about any of your family members' alcohol use habits? Yes No

Do you use any substances other than alcohol for non-medical purposes? Yes No

If yes, how frequently do you use? _____

If yes, what substances? _____

Mental Health History:

Have you ever been diagnosed with any mental health conditions? Yes No

If yes, please describe: _____

Have you ever engaged in any self-harm behaviors (e.g., cutting, risk-taking, suicidal thoughts/behaviors, etc.)? Yes No

If yes, please describe and indicate the date when these last occurred: _____

Have you ever sought mental health services before? Yes No

If yes, please describe when and the reason for seeking services: _____

Reasons for Therapy:

Which of the following best describes why you are seeking therapy right now? (Select all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Couple Relationship Issues | <input type="checkbox"/> Couple Relationship Improvement |
| <input type="checkbox"/> Sex/Intimacy Issues | <input type="checkbox"/> Considering Separation/Divorce |
| <input type="checkbox"/> Life Stressors | <input type="checkbox"/> Family Relationship Issues |
| <input type="checkbox"/> Child Behavioral Issues | <input type="checkbox"/> Parenting Issues |
| <input type="checkbox"/> Individual Struggles (e.g. feelings of sadness, worry, stress, experience of trauma/abuse, etc.) | <input type="checkbox"/> Academic Struggles |

Other If Other, please explain: _____

On a scale of 1-10, how serious is your concern (1 = not serious at all, 10 = extremely serious)? (Circle the number that applies)

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, how likely is it for your concern to change by attending therapy (1 = very unlikely, 10 = extremely likely)? (Circle the number that applies)

1 2 3 4 5 6 7 8 9 10

Is there anything else you would like me to know?
