



6135 King Road, Suite D, Loomis, CA 95650
Phone: 916-676-7405 Fax: 916-471-0559
www.heartstringscounseling.org

Counseling Application/Intake Form

Have you been referred to a particular counselor? Yes No

Name of counselor you were referred to _____

Who referred you? _____

This application is for:

- Marriage and/or Couples Counseling Individual Female Individual Male
 Parent and Child Family Other

Name _____ Date of Birth _____

Spouse _____ Date of Birth _____

Child _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

Home# _____ Cell# _____ Email _____

Marital Status

- Single Living together for _____ years Married for _____ years
 Divorced for _____ years Widowed for _____ years

Your Employer

Occupation _____ Work# _____

Spouses Employer _____

Emergency Contact: Name _____ Contact # _____

Relationship _____

Counseling History Have you ever consulted a counselor, psychotherapist or psychiatrist

before? Yes No

Name of therapist: _____

Dates seen (from when to when): _____

Reason: _____



Medical History:

Have you taken, or are you now taking, any prescription medications for mental health issues

- Yes No

What prescriptions? _____

For how long? _____

Prescribed by whom and for what conditions? _____

Please give a brief summary of the **specific reason** you are seeking counseling at this time. Be assured this information is confidential and will be used only for the purpose of assigning you to the appropriate counselor.

I give permission to Heartstrings Counseling to send me emails, announcements and updates regarding additional services and products related to mental health.

- Yes No

I would like biblical principles incorporated into my counseling sessions.

- Yes No I don't know

I would like to request a handicap accessible room and I cannot walk upstairs.

- Yes No

Choose your payment option below:

- I am **ABLE** to pay the reduced clinical counseling fee of \$85.
- I am **UNABLE** to pay the above fee and wish to use for the **SLIDING FEE SCALE** (based on my monthly income).
- I would like to be referred to a licensed **Marriage and Family Therapist** for **\$135/ session individuals, couples, families and /or EMDR.**

Print Name _____

Signature _____ Date _____



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Informed Consent

Confidentiality

What is revealed in this setting is protected by professional and ethical standards. All material is confidential and not released without your written consent except information related to suspected child abuse, elder abuse, dependent abuse, threatened homicide or suicide.

HIPAA & Confidentiality

Most counselors are willing to maintain contact with you via text, email, or other electronic means. Although we cannot be certain that this information will not be intercepted, we will do our part to protect your confidentiality.

Please initial here if you understand the risks of communicating with your counselor by electronic means, and still wish to do so. Your initials indicate you understand the risk, and consent to electronic communication with your counselor.

Counselors

Counseling is provided by counselors who are in training to become Licensed Marriage and Family Therapists (LMFT). They are supervised weekly by a licensed therapist. During these supervision meetings, your information may be discussed between counselors and with the supervisor and Executive Director in an effort to gain understanding and build skill and knowledge related to marriage and family therapy. Counselors, at times may request to record your session for the purpose of training and education. However, we value your confidentiality and will make every effort to only share unidentifiable information. Please check here to indicate whether you will allow your therapist to record your therapy session Yes No

Counseling Services

Heartstrings Counseling is a safe environment open to all members of the community. We strive to encourage positive change and personal growth that will brace and sustain the heart. Furthermore, we provide each client with the option of integrating Biblical principals into the treatment plan. As a client of Heartstrings Counseling you are not required to bring these principles into session; however, you may if interested.

Please check here to indicate if you would you like Biblical principles to be included in your counseling sessions? Yes No I Don't Know

* Please note that you can change this selection, verbally or in writing, at any time.



Fees and Payment

Your fee is based on a sliding fee scale according to your average monthly income and ability to pay. Payment of fees will be due at each session. Cash, check, and credit cards are accepted. There is a \$15 fee for any returned checks. The only form of insurance that is accepted at Heartstrings Counseling is the state Victims of Crime Compensation Program. However, if for some reason the program does not pay for the services provided, each client will be responsible for the payments.

Cancellations

Cancellations must be made 24 hours in advance. If an appointment is canceled or missed without 24 hours of notice, you will be charged your usual fee for that missed session.

Your Session

Your therapy session is a 50 minute hour.

Your Counseling Experience

Counseling is a unique and highly individualized experience. It is an opportunity to learn about yourself, your relationships, and the world around you. Most people seeking counseling are hoping for improvement in at least one area of their life and this is definitely possible through dedication and consistent counseling sessions. Although you may want immediate relief, it is common for symptoms to get worse before they get better. Remember that it may have taken time for your struggles to develop, and it may also take time for you to begin to feel better.

Counseling involves change, which may feel threatening, not only to you, but also to those people close to you. The prospect of giving up old habits, no matter how destructive or painful, can often make you feel very vulnerable. At the same time, counseling can aid you in discovering tools and techniques, which can be utilized to improve the quality of your life and relationships. As the person involved in this process, you have the right to ask your counselor questions about his/her professional experience, background and theoretical orientation.

Please ask for any clarification needed for the above

Client Signature	Date
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Client Signature	Date
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Counselor Signature	Date
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Symptom & Problem List

Please check all that you have experienced in the last 90 days

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> No energy | <input type="checkbox"/> Mood Swings | <input type="checkbox"/> Overly Confident | <input type="checkbox"/> Racing Heart |
| <input type="checkbox"/> Cannot Enjoy Life | <input type="checkbox"/> Unusual Experiences | <input type="checkbox"/> Distractible | <input type="checkbox"/> Stomach Problems |
| <input type="checkbox"/> Memory Problems | <input type="checkbox"/> Physical Numbness | <input type="checkbox"/> Sexual Indiscretion | <input type="checkbox"/> Sleeping too much |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Panic Attacks | <input type="checkbox"/> Socially Withdraw | <input type="checkbox"/> Always on Guard |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Vomiting | <input type="checkbox"/> Eating Disorder | <input type="checkbox"/> Apathetic |
| <input type="checkbox"/> Anger Outbursts | <input type="checkbox"/> Impaired Vision | <input type="checkbox"/> Alcohol Use | <input type="checkbox"/> Numbing Out |
| <input type="checkbox"/> Shortness of Breath | <input type="checkbox"/> Back Pain | <input type="checkbox"/> Seeing things | <input type="checkbox"/> Distrustful |
| <input type="checkbox"/> Sweating | <input type="checkbox"/> Drug Use | <input type="checkbox"/> Excess Energy | <input type="checkbox"/> Buying Sprees |
| <input type="checkbox"/> Hot flashes | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Unsure of Reality | <input type="checkbox"/> High Risk Activities |
| <input type="checkbox"/> Reliving Past Events | <input type="checkbox"/> Disturbing Memories | <input type="checkbox"/> Wishing to Die | <input type="checkbox"/> Family Arguments |
| <input type="checkbox"/> No Loving Feelings | <input type="checkbox"/> Low Self-Esteem | <input type="checkbox"/> Confusion | <input type="checkbox"/> Often Physically ill |
| <input type="checkbox"/> Fears | <input type="checkbox"/> Poor Appetite | <input type="checkbox"/> Weight Change | <input type="checkbox"/> Hearing Voices |
| <input type="checkbox"/> Chest Pains | <input type="checkbox"/> Headaches | <input type="checkbox"/> Impaired Hearing | <input type="checkbox"/> Losing Track of Time |
| <input type="checkbox"/> Decisions Difficult | <input type="checkbox"/> Nightmares | <input type="checkbox"/> Muscle Spasms | <input type="checkbox"/> Slowed Thinking |
| <input type="checkbox"/> Racing Thoughts | <input type="checkbox"/> Heart Palpitations | <input type="checkbox"/> Tremors | <input type="checkbox"/> Physical Violence |
| <input type="checkbox"/> Clammy Hands | <input type="checkbox"/> Depressed | <input type="checkbox"/> Unsure of Identity | <input type="checkbox"/> Easily Startled |
| <input type="checkbox"/> Hard To Make Friends | <input type="checkbox"/> Guilt Feelings | <input type="checkbox"/> Seizures | <input type="checkbox"/> Work Problems |
| <input type="checkbox"/> Flashbacks | <input type="checkbox"/> Poor Concentration | <input type="checkbox"/> Sporadic Dieting | <input type="checkbox"/> Hopeless Feelings |
| <input type="checkbox"/> Overeating | <input type="checkbox"/> Blackouts/Fainting | <input type="checkbox"/> Sexual Difficulty | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Suicidal Thoughts | <input type="checkbox"/> Unwanted Thoughts | <input type="checkbox"/> Hypertension | <input type="checkbox"/> Hallucinations |
| <input type="checkbox"/> Taking Pain Killers Often | <input type="checkbox"/> Out of Control Behavior | | |



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Credit Card Agreement

Please note: New clients are required to keep a valid credit card number on file. Please complete the following information and provide your credit card to the counselor at your initial session.

CC Type: MC Visa Amex Other_____

Name as shown on card_____

CC Number_____

CC Expiration Date_____

3-digit security code on back of the card_____

Billing Zip Code associated with the card_____

This card may be charged for:

Regular session fees (at your request, as a convenience to you)

Fees for cancellation without 24 hours notice (according to a counselor's policy)

Delinquent session fees (fees more than 30 days overdue)

"I _____ (print name) have read and understand the terms of providing my credit card to Heartstrings Counseling. I understand that my credit card may be charged for the reasons indicated above. Any questions I have about this practice have been answered.

_____ (signature) _____ (date)