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## Confidential Background Questionnaire

Today's Date:\_\_\_\_\_ Referred by:\_\_\_\_\_

Client's Name:\_\_\_\_\_ Age:\_\_\_\_\_

Address/Zip Code:\_\_\_\_\_

Home Phone:\_\_\_\_\_ Work Phone:\_\_\_\_\_ Cell Phone: \_\_\_\_\_

**Please indicate with an \* which number/s at which you prefer to be reached, and may a message be left.**

Email address:\_\_\_\_\_ Can I contact you by email? \_\_\_Yes \_\_\_No

Sex: M\_\_\_ F\_\_\_ Date of Birth:\_\_\_\_\_ Occupation:\_\_\_\_\_

Signature of Legally Responsible Adult:\_\_\_\_\_

Person to Notify in Case of Emergency: (Name)\_\_\_\_\_ (Ph.)\_\_\_\_\_

### **Presenting Problems:**

Problem Areas: Please check items applicable to you.

_____Self Esteem	_____Relationships	_____Financial
_____Marital	_____Spiritual	_____Parent/Child
_____Sexual Dysfunction or Abuse	_____Drug?Alcohol Abuse	_____Health
_____Depression	_____Eating Disorder	_____Other
_____Suicidal Ideation	_____Suicide Attempts	

In your own words describe why you are seeking counseling:

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Has anyone in your immediate or extended family ever received treatment for a mental, emotional or stress-related disorder, or for alcohol or chemical addiction?\_\_\_\_\_

If yes, please indicate type of treatment and approximate dates. (Please indicate the relationship of the family member.)

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Do you smoke? Yes/No How often?\_\_\_\_\_

Do you drink alcohol? Yes/No How often?\_\_\_\_\_

Do you take any drugs other than over the counter or prescription? Yes/No  
How often?\_\_\_\_\_

**Insurance:**

**Primary Policy**

Policy Holder: \_\_\_\_\_ SS#: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

Birth date of Policy Holder: \_\_\_\_\_

**Social History:**

Single\_\_\_\_\_ Dating\_\_\_\_\_ Married\_\_\_\_\_ Separated\_\_\_\_\_

Divorced\_\_\_\_\_ Widowed\_\_\_\_\_

If married, how long?\_\_\_\_\_ Your age when married?\_\_\_\_\_

If divorced, date:\_\_\_\_\_ Who filed for the divorce?\_\_\_\_\_

Dates of previous marriages & divorces:\_\_\_\_\_

Children: Your own (present & previous marriages) total #\_\_\_\_\_

Your mate's (present & previous marriages) total #\_\_\_\_\_

What are the terms of child custody? \_\_\_\_\_

Please list the names, ages and relationship of all individuals currently residing in your household:\_\_\_\_\_

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**Health History:**

Please check and date any of the following the apply:

- |                         |                        |                            |
|-------------------------|------------------------|----------------------------|
| ----- Serious accident  | ----- Hearing problems | ----- Blood Sugar          |
| ----- Vision problems   | ----- Menstrual pain   | ----- Cancer               |
| ----- Insomnia          | ----- Major surgery    | ----- Nervous Tics         |
| ----- Hormone Imbalance | ----- Asthma           | ----- Panic Attacks        |
| ----- Impotence         | ----- Arthritis        | ----- Obsessive/Compulsive |
| ----- Thyroid trouble   | ----- Headaches        | ----- Addictions           |
| ----- Heart trouble     | ----- Alcohol abuse    | ----- Abortion             |
| ----- Sterility         | ----- Aids/HIV +       | ----- Anemia               |
| ----- Sinus infection   | ----- Fainting         | ----- Tension/stress       |
| ----- Epilepsy          | ----- Depression       | ----- Diabetes             |
| ----- Paralysis         | ----- Eating disorder  | ----- Suicidal Ideation    |
| ----- Miscarriage       | ----- Drug Abuse       | ----- Other                |

**Previous psychotherapy or counseling:**

Date:----- Counselor or Center:-----

Presenting Problem:-----

Name of your Psychiatrist----- date when started-----

Medical Diagnosis: -----

Results of Therapy: -----

Reason for Termination: -----

When was the last time you saw a doctor?----- Reason for the visit:-----

What prescription or non-prescription medications are you taking currently, in what dosages, and for what reason?-----

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Describe any recent or ongoing sleep or appetite changes or difficulties:

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Other helpful information (if any):-----

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**Family History:**

Parent's marital status: (if married to each other)

\_\_\_\_very happy\_\_\_\_ happy\_\_\_\_average\_\_\_\_unhappy\_\_\_\_separated\_\_\_\_divorced

If divorced, your age then explain:\_\_\_\_\_

Father remarried? \_\_\_\_\_ Your age when remarried \_\_\_\_\_

Mother remarried? \_\_\_\_\_ Your age when remarried \_\_\_\_\_

**Siblings:**

Name                      Age                      Occupation                      Marital Status

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Overall, how would you describe your family life growing up?\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



