

**McClellan & Associates**  
*Elizabeth Shin, LCSW*  
License #: 68344

***Couples Counseling Intake Form***

(Thank you for taking the time to complete this form. It will take approximately 5 minutes to respond to these prompts and questions. The information obtained here is strictly confidential and will be used to better direct and serve you during our counseling time. If there are some questions you would prefer to bring up in person, feel free to leave them blank or write "will respond later".) -Thank you

**General Information**

Name: \_\_\_\_\_ Date \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

May I email you? If so, email address: \_\_\_\_\_

Emergency contact: \_\_\_\_\_

**Family History**

Current relationship status: (circle) **married, separated, divorced, living together, living apart, dating, widowed, single.**

Did your parents divorce while you were growing up? \_\_\_\_\_ If so, how old were you? \_\_\_\_\_

Number of siblings in your family of origin? \_\_\_\_\_

Please list the birth order of your family including yourself from Oldest to Youngest

(first name-oldest) 1. \_\_\_\_\_ Age \_\_\_\_\_

2. \_\_\_\_\_ Age \_\_\_\_\_

3. \_\_\_\_\_ Age \_\_\_\_\_

4. \_\_\_\_\_ Age \_\_\_\_\_

Please write one sentence that summarizes your relationship with...

Your Father \_\_\_\_\_

Your Mother \_\_\_\_\_

**Employment Status**

Are you both currently employed? explain. \_\_\_\_\_

Occupation? \_\_\_\_\_

**Presenting Problem**

What is the primary reason that you are here today? \_\_\_\_\_

\_\_\_\_\_

**Do you have children?** *From previous relationships?*

*Together with your current partner?*

*If so, please list them by their first names and current age here starting with your oldest.*

- 1. \_\_\_\_\_ age \_\_\_\_\_
- 2. \_\_\_\_\_ age \_\_\_\_\_
- 3. \_\_\_\_\_ age \_\_\_\_\_
- 4. \_\_\_\_\_ age \_\_\_\_\_
- 5. \_\_\_\_\_ age \_\_\_\_\_

*What is your overall level of concern at this point in time?*

*(circle all that apply)* **little concern, moderate concern, serious concern; occurring rarely, occurring sometimes, occurring frequently.**

*What is your level of relationship happiness?*

*(circle one: 1 being very unhappy and 8 being very happy)* **1 2 3 4 5 6 7 8**

*What do you hope to accomplish through counseling?* \_\_\_\_\_

\_\_\_\_\_

*Do you or your partner drink alcohol or take drugs to intoxication?* \_\_\_\_\_

*If so, how often, and what drugs or alcohol?* \_\_\_\_\_

*Have you or your partner ever struck, restrained or used violence against one*

*another? \_\_\_\_\_ If so explain circumstances.* \_\_\_\_\_

\_\_\_\_\_

**Diagnostic Assessment**

Do you feel that you or your partner has withdrawn from the relationship? \_\_\_\_\_

If so, who has withdrawn? (circle all that apply): me, my partner, both of us

How frequently have you had sexual relations during the last month? \_\_\_\_\_

How satisfied are you with the frequency of your sexual relations? (circle one:

1 being very unsatisfied and 8 being very satisfied) 1 2 3 4 5 6 7 8

Rank the top 3 concerns in your relationship with your partner. (1 being the most problematic)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**History of Problem**

How long have these relationship difficulties been going on? \_\_\_\_\_

\_\_\_\_\_

What have you already done to deal with these problems? \_\_\_\_\_

\_\_\_\_\_

Have you ever received couples' counseling before? \_\_\_\_\_

\_\_\_\_\_

If yes to the above question, explain when the treatment took place, by whom, and your outcome.

\_\_\_\_\_

Have you or your partner ever been treated for individual counseling? If so, share here.

\_\_\_\_\_

**Physical Health/ Medications**

Do you have any medical or surgical limitations? \_\_\_\_\_

Date of last physical exam? \_\_\_\_\_

Are you currently under medical treatment? \_\_\_\_\_ If so, explain. \_\_\_\_\_

If you are currently taking medication please identify type and reason for the prescription.

\_\_\_\_\_

### **Relationship/Social support**

Do you engage in any activities as a family? \_\_\_\_\_

Do you socialize with family and friends as a couple outside of work?. Explain. \_\_\_\_\_

\_\_\_\_\_

Do you have a religious affiliation?(Denomination) \_\_\_\_\_

\_\_\_\_\_

Do you participate in any activities related to your religious affiliation? \_\_\_\_\_

What is your current level of stress overall? (circle one: **1** being no stress and **8** being high stress)

**1 2 3 4 5 6 7 8**

What is your current level of stress in the relationship? (circle one: **1** being no stress and **8** being high stress)

**1 2 3 4 5 6 7 8**

Are the problems in your relationship affecting your ability to function at work, at home? Explain.

\_\_\_\_\_

\_\_\_\_\_

Circle the numbers of all the statements that are true:

- 1. My moods are a problem to the relationship.**
- 2. My partner's moods are a problem to the relationship.**
- 3. My temper adversely affects our relationship.**
- 4. My partner's temper adversely affects our relationship.**

Have you ever had an affair during this relationship with your partner?

\_\_\_\_\_

Has your partner ever had an affair? \_\_\_\_\_

Is your partner currently having an affair? \_\_\_\_\_

What is the greatest strength your partner brings to the relationship? \_\_\_\_\_

\_\_\_\_\_

What is the greatest strength you bring to the relationship? \_\_\_\_\_

\_\_\_\_\_

How committed are you to staying in the relationship? Explain. \_\_\_\_\_

\_\_\_\_\_

What are you wanting to gain most from couples counseling? \_\_\_\_\_

\_\_\_\_\_

*end*