

# STACY ADAM JENSEN

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## INTAKE FORM

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_ Leave Message: Yes / No

Emergency Contact: \_\_\_\_\_ Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor: \_\_\_\_\_

Other Health Professionals: \_\_\_\_\_

Medications: \_\_\_\_\_ Taking as prescribed: Y / N

Herbal Supplements/Vitamins:

Surgeries/Hospitalizations (Provide Dates):

Health Concerns:

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Do you experience any of the following? Please check if present, put a P beside if in past.

Do you have a mental health diagnosis?

- Depression
- Anxiety
- Bipolar disorder
- Post-Traumatic stress disorder
- Personality disorder
- Other:

Symptoms:

- Panic attacks
- Fear in public places
- Difficulty sleeping (too little, too much, frequent waking, not rested upon waking, difficulty falling asleep)
- Low energy/exhaustion
- Anger/rage
- Overwhelm
- Feeling of helplessness/hopelessness
- Self-harming behaviours (Cutting, burning, scratching, other)
- Addictive behaviours (Alcohol, drugs, sex, gambling, shopping, internet, gaming)
- Disordered eating (Restricting, overeating, bingeing, purging, laxatives)
- Thoughts of death or dying
- Recurring dreams or nightmares
- High startle response
- Irregular or painful menstruation
- Digestive issues- Constipation/diarrhea
- Ulcers
- Chronic pain
- Migraines/headaches
- Chronic fatigue syndrome
- Fibromyalgia
- Autoimmune illnesses
- Heart disease
- Hypothyroidism/hyperthyroidism
- Anything else

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Stacy Adam Jensen M.Ed.  
Registered Clinical Counsellor

250.216.1356

[www.stacyadamjensen.com](http://www.stacyadamjensen.com)  
[stacy@stacyadamjensen.com](mailto:stacy@stacyadamjensen.com)

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Do you currently use any of the following (indicate how often, how much and for how long):

- Alcohol
- Tobacco
- Coffee
- Soft drinks
- Black tea
- Marijuana
- Other substances

Describe your current living arrangements

Are you in a significant or intimate relationship yes/no? If yes, for how long?

Are you currently: working/student/ looking for work/retired/other

How would you describe your stress level?

Do you have a relaxation practice?

What kind of exercise schedule do you keep?

How did you hear about me?

Can I send a thank you card to this person?

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