**General Information**

|  |  |  |
| --- | --- | --- |
| Name:       | Pronoun (they/she/he etc.):       | Age:      |

|  |
| --- |
| Address:      |
| Main Phone:      |
| Email:      |
| Would you like appointment reminders?Yes[ ]  No [ ]  |
| What is your preferred method of communication?Text [ ]  Email [ ]  Phone [ ]  |
| Quiet Healing Counselling and Yoga uses your email for invoicing and receipt purposes. The emails and/or phone contact may include information identifying as Quiet Healing Counselling & Yoga in those communications and email and text are vulnerable to security breaches. |

|  |
| --- |
| Emergency Contact:      |
| Phone:      |

**Direct Billing Information**

Please include the following information if you would like Direct Billing through Alberta Blue Cross or ASEBP. A receipt will be issued for you to submit for all other third-party billing options

|  |  |
| --- | --- |
| Provider name:       | Policy Number:      |
| Group Number:      | Date of Birth (YR-M-D):       |

**Personal Information**

Have you ever been to counselling/therapy before? If so, who did you see?

What medication (if any) are you currently taking?

Are you currently under the care of a Psychiatrist or other health professional? If so, who?

How did you learn about Quiet Healing Counselling & Yoga?

Please check any specific concerns that apply?

[ ] Abuse in childhood

[ ] Abuse as an adult

[ ] Assault

[ ] Sexualized violence

[ ] Systemic abuse or harassment

[ ] Aggressive behavior

[ ] Anxiety/panic

[ ] Decision making

[ ] Depression

[ ] Addiction

[ ] Eating/body image

[ ] Employment concerns

[ ] Family

[ ] Financial concerns

[ ] Gender Identity

[ ] Identity

[ ] Loss/grief

[ ] Early pregnancy loss or abortion

[ ] Obsession

compulsion

[ ] Perfectionism

[ ] Relationship break up

[ ] Relationship issues/concerns

[ ] Self confidence

[ ] Self-harm behaviours

[ ] Sexual concerns

[ ] Sexual orientation

[ ] Sleep

[ ] Social isolation social anxiety

[ ] Stress

[ ] Suicidal thoughts

[ ] Traumatic events

[ ] Worry for someone else

Which are of most concern today?

Is there any information you feel it would be helpful for me to know?