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Please answer the following questions as honestly as possible so I may better understand your reasons for seeking therapy.

Who may I thank for referring you to my office? _____

Have you received any mental health services before? _____ If yes, what type of service?

When and where did you receive this service? _____

How many different therapists have you seen? _____

What did you find most helpful in therapy? _____

What did you find least helpful? _____

What is bothering you most right now? _____

Has anything like this ever happened before? _____ When? _____

What led you to seek help now? _____

How would you like to change things? _____

What do you do to help yourself feel better? _____

What was the happiest time of your life? _____

What was the worst time of your life? _____

Ideally, what would you like to get from therapy? _____

Please add any additional information you feel I should know about you.