



*Individual, Couples and Family Counseling*  
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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.