

Client Information Sheet  
 Body Mind Breath Psychotherapy  
<http://www.mind-body-breath.com/>  
 1200 6<sup>th</sup> ave, suite 2001, Seattle, WA 98101  
 206-450-6808 [breathoflife@mac.com](mailto:breathoflife@mac.com)

Name \_\_\_\_\_ Today's Date \_\_\_\_\_

Address \_\_\_\_\_

Phone: Home (\_\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_\_) \_\_\_\_\_ Occupation \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Gender M \_\_\_\_\_ F \_\_\_\_\_

Marital/Significant Partner status \_\_\_\_\_ E-Mail \_\_\_\_\_

Educational Background \_\_\_\_\_ Learning Disabilities \_\_\_\_\_

**Family Information** (Use back or end of document to write more if you want.)

	Name	Living	Age	Marital Status	Education Occupation	Sig illness addictions	Other Sig issues
Father							
Mother							
Children							
Siblings							
Step Parents							
Grand-Parents							
Closest Friend							
Other Sig People							

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### **Your Health and Medical Information**

Are you currently being treated by a medical practitioner? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, for what purpose?

Do you have any chronic medical or physical conditions? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, what are they and how do they affect you?

Please list all prescription medication and non-prescription medication you are taking.

Have you or anyone you are close to ever been concerned about your alcohol or drug use?

### **Other Information**

What is your current living situation? (eg. Living alone, with parents, roommates, partner, spouse, children, pets, etc.)

What prior experience do you have with counseling or psychotherapy? What has been helpful and what has not been helpful in the past?

Please comment on any significant life experiences you have had that have had an important effect on making you the person you are today (These could be positive or difficult and traumatic experiences).

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What other information would be of value to me in working with you?

What specifically would you like to accomplish in working with me?

Please use the remainder of this page to write anything that may be helpful to me in working with you.