



## NUTRITION FOR MENTAL HEALTH

Marilyn Stefonetti, MA, LMFT, NE  
Licensed Marriage Family Therapist – Lic. #41891  
Certified Holistic Nutrition Educator  
6 Petaluma Blvd. No. Suite B4  
Petaluma, CA. 94952  
707-762-3660

### BIOGRAPHICAL INFORMATION INTAKE FORM – ADULTS

**Please fill out this biographical background form as completely as possible. It will help me in our work together. All information is confidential as outlined in the Office Policy form. If you do not desire to answer any question merely write, “Do not care to answer”. Please print or write clearly and bring it with you to the first session.**

Name: \_\_\_\_\_ M/F: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ (day) \_\_\_\_\_ (evening) \_\_\_\_\_ (cell)

Birth Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ Place: \_\_\_\_\_

Highest Grade/Degree: \_\_\_\_\_ Type of Degree: \_\_\_\_\_

Person to Call in Emergency: \_\_\_\_\_ Relationship: \_\_\_\_\_

Occupation (former if retired): \_\_\_\_\_

Presenting Problem (Please be as specific as you can: When did it start? How does it affect you?)

\_\_\_\_\_

#### **Estimate the severity of the above problem:**

Mild \_\_\_\_\_ Moderate \_\_\_\_\_ Severe \_\_\_\_\_ Very Severe \_\_\_\_\_

Current: Marital status: \_\_\_\_\_ Live With Someone: \_\_\_\_\_ Name: \_\_\_\_\_

Past & Present Marriages: (Years together, names & statement about the nature of the relationship i.e. friendly, distant, physically/emotionally abusive, loving, hostile):

\_\_\_\_\_

\_\_\_\_\_

---

---

**Present Spouse/Partner: Education:**\_\_\_\_\_ **Occupation:**\_\_\_\_\_

**Children/Step/Grand (names/ages & brief statement on your relationship with the person):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Parents/step-Parent (name/age or year of death/cause of death, occupation, personality, how did s/he treat you, brief statement about the relationship:**

**Father:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Mother:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Stepparents:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Siblings: (name/age, if deceased: age and cause of death & brief statement about the relationship):**

1. \_\_\_\_\_
2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Doctors:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Last Exam** \_\_\_\_\_

**Past/Present Medical Care: (Major medical problems, surgeries, accidents, falls, illness):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Specify all Medication you are presently taking and for what. Please print clearly:**

\_\_\_\_\_  
\_\_\_\_\_

**Past/Present Drug/Alcohol Use/Abuse (AA, NA treatments):**

\_\_\_\_\_  
\_\_\_\_\_

**Suicide Attempts or Violent Behavior (describe ages, reasons, circumstances, how, etc.)**

\_\_\_\_\_  
\_\_\_\_\_

**Family Medical History (describe any illness that runs in the family: cancer, epilepsy, etc.):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Friendships, Community, & spirituality (describe quality, frequency, activities, etc.):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

---

---

---

**Past/Present Psychotherapy (specify: month year/s including beginning—end dates, estimated number of sessions, name, degree, phone & address, initial reason for therapy, type of therapy Individual/Couple/Family, medication, brief description of the relationship, and how helpful it was, and how/why it ended):**

1. \_\_\_\_\_

2. \_\_\_\_\_

*Use other side of the page for more information about psychotherapists*

**Describe your childhood in general (relationships with parents, siblings, others, school, neighborhood, relocations, any school/behavioral/problems, abusive/alcoholic parent):**

**If parents divorced: Your age at the time\_\_\_\_\_ . Describe how it affected you at the time:**

**Family history of alcoholism, mental illness, or violence (including suicide, depression, hospitalizations in mental institutions, abuse, etc.):**

**What gives you the most joy or pleasure in your life:**

---

---

---

---

---

**What are your main worries and fears:**

---

---

---

---

---

**What are your most important hopes or dreams:**

---

---

---

---

---

**Please add any information below or the back or a separate page that you would like me to know about you and your situation:**

---

---

---

---

---

---

---

---

---