

Intake Form

An *Intake Form* assists your therapist to gain relevant information about your situation. The form will ask for the following information:

- *Personal Details:*
Examples: demographic information, contact details, date of birth.
- *Your living situation:*
Examples: living alone, with children, sharing with friends.
- *Medical and Mental Health information:*
Examples: medications, a diagnosis. Share anything that you believe may be helpful for your counsellor to be aware of.
- *Previous (if any) engagements with therapy:*
Examples: never attended therapy, have had a negative experience with therapy, positive past experiences.
Prior experience can impact how potential therapy may be approached.
- *How did you hear about Salt and Pepper Therapeutic Counselling Service:*
Examples: friend, internet search, website, workplace.
- *Person responsible for payment:*

This is a good opportunity to discuss session costs, suitable time frames, and frequency of sessions.

It is usual to complete this form before your first session. The form will be emailed to you. Please complete, sign and date, and return to sptcs.elsja@gmail.com prior to your first appointment.

If required, you may complete this form with your therapist, however, it will require you to sign, date and return prior to the first therapeutic session.

Privacy:

Please be assured that your privacy is respected, and the use and storage of this information treated with the utmost care. This is based on the ethical values of Salt and Pepper Therapeutic Counselling Service and in line with the National Privacy Principles, as stated in the Privacy Act 1988 (Cth).