

## ADOLESCENT INTAKE FORM

Date: \_\_\_\_\_

Name \_\_\_\_\_ Age: \_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M / F

Does child have a preferred name/nickname/pronoun? \_\_\_\_\_

Name of person filling out this form: \_\_\_\_\_

Relationship to Adolescent: \_\_\_\_\_ Your cell number: \_\_\_\_\_

Your email: \_\_\_\_\_

May we contact you by phone? \_\_\_\_ Yes \_\_\_\_ No

May we contact you by text? \_\_\_\_ Yes \_\_\_\_ No

May we contact you by email? \_\_\_\_ Yes \_\_\_\_ No

May we text your adolescent regarding appointments ? \_\_\_\_ Yes \_\_\_\_ No

**I understand that voicemail, text or email cannot be guaranteed private communication. I accept the risks to confidentiality when using such methods of communication.** \_\_\_\_ Yes \_\_\_\_ No

---

With whom does the child reside? \_\_\_\_\_

Address where child lives: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

**What is the relationship status of the child's parents?** (please circle)

never married    relationship    married    separated    divorced    widowed    remarried

Mother's Name: \_\_\_\_\_ Cell number: \_\_\_\_\_

Mother's email: \_\_\_\_\_

Mother's address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell number: \_\_\_\_\_

Father's email: \_\_\_\_\_

Father's address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

**If adolescent's parents were not married or are separated/divorced please list:**

Other Joint/Non- custodial parent name: \_\_\_\_\_ Gender:  M  F

What is the custody/visitation arrangement? \_\_\_\_\_

Is there any other adult who lives in the home or whom the teen sees regularly? \_\_\_\_\_

**Family Make-Up**

Please list the child's siblings:

1.	<i>Age:</i>	<i>Step:</i> <input type="checkbox"/> yes no	<i>Adopted?</i> <input type="checkbox"/> yes no	<i>Gender:</i> <input type="checkbox"/> male female
2.	<i>Age:</i>	<i>Step:</i> <input type="checkbox"/> yes no	<i>Adopted?</i> <input type="checkbox"/> yes no	<i>Gender:</i> <input type="checkbox"/> male female
3.	<i>Age:</i>	<i>Step:</i> <input type="checkbox"/> yes no	<i>Adopted?</i> <input type="checkbox"/> yes no	<i>Gender:</i> <input type="checkbox"/> male female
4.	<i>Age:</i>	<i>Step:</i> <input type="checkbox"/> yes no	<i>Adopted?</i> <input type="checkbox"/> yes no	<i>Gender:</i> <input type="checkbox"/> male female
5.	<i>Age:</i>	<i>Step:</i> <input type="checkbox"/> yes no	<i>Adopted?</i> <input type="checkbox"/> yes no	<i>Gender:</i> <input type="checkbox"/> male female

**FAMILY RELATIONSHIPS**

If the adolescent's parents are separated or divorced, how old was the adolescent when this occurred? \_\_\_\_\_

To which family member is your adolescent the closest?

\_\_\_\_\_

How does this adolescent get along with his/her brothers and/or sisters?

\_\_\_\_\_

Describe any special activities that you do with your adolescent.

\_\_\_\_\_

**MEDICAL INFORMATION**

How would you rate your child's current physical health?  Excellent  Good  Fair  Poor

Is he/she currently experiencing any physical problems (e.g. headaches, body aches, stomach problems)?

Yes  No If yes, please explain: \_\_\_\_\_

Previous hospitalizations for medical reasons?  Yes  No

If yes, please explain: \_\_\_\_\_

Medical conditions or disabilities: \_\_\_\_\_

Learning or other disabilities not listed: \_\_\_\_\_

Please list all **non-psychiatric** medications your teen regularly takes (over the counter or prescription):

Medication	Dosage	Frequency

Has your adolescent ever abused prescription or non-prescription drugs?

Yes  No If yes, which types? \_\_\_\_\_

Has either parent had any chronic or major medical problems?

Yes  No If yes, please describe? \_\_\_\_\_

---

### REASON FOR SEEKING COUNSELING

What issues/behaviors/concerns have brought your adolescent to counseling at this time? Recent event?

\_\_\_\_\_

\_\_\_\_\_

Please rate the severity of your adolescent's issues/behaviors/concerns on the following scale.

Mild  Moderate  Severe  Totally Incapacitating

How are your child's concerns affecting you personally? Please check all that apply:

Home  Dating Relationship  Marriage  Children  Health  Job  Finances

Extended Family  Relationship with God  Other: \_\_\_\_\_

When did your child's present concerns begin to be a problem? \_\_\_\_\_

---

---

### COUNSELING AND PSYCHIATRIC INFORMATION

Has adolescent had previous counseling?  Yes  No

If yes, please explain: \_\_\_\_\_

Name and location of counselor: \_\_\_\_\_

For what reason? \_\_\_\_\_ For how long? \_\_\_\_\_

What were the results? \_\_\_\_\_

Has he/she ever been diagnosed or treated for any type of mental illness?  Yes  No

If yes, which type? \_\_\_\_\_

Has anyone in your family ever been diagnosed with or treated for any type of mental illness?  Yes  No

If yes, which type? \_\_\_\_\_

Has your child ever attempted to commit suicide or homicide?  Yes  No

If yes, how? \_\_\_\_\_

Is there a history of suicide in your nuclear or extended family?  Yes  No

If yes, who? \_\_\_\_\_

Is your child presently having thoughts of harming self or others?  Yes  No

If yes, who/how? \_\_\_\_\_

Please list any **psychiatric** medications your child is currently prescribed:

Medication	Dosage	Frequency

Is your child currently seeing a physician or psychiatrist?  Yes  No

Physician's Name: \_\_\_\_\_ City, State: \_\_\_\_\_ Phone: \_\_\_\_\_

Psychiatrist's Name: \_\_\_\_\_ City, State: \_\_\_\_\_ Phone: \_\_\_\_\_

### SCHOOL

Name of School/City: \_\_\_\_\_ Grade: \_\_\_\_\_

Please describe any changes your adolescent is experiencing in school: \_\_\_\_\_

\_\_\_\_\_

When did you first notice these changes? \_\_\_\_\_

What is your adolescent's attitude toward school? \_\_\_\_\_

What are his/her major complaints about school? \_\_\_\_\_

Has he/she changed schools recently? If yes, when? \_\_\_\_\_

Does your adolescent get along with teachers and other students?  Yes  No

Please Explain: \_\_\_\_\_

### BEHAVIORS OF CONCERN

Please check how often the following behaviors occur.

- |                                   |           |            |               |                |
|-----------------------------------|-----------|------------|---------------|----------------|
| 1) Loses temper easily            | ___ Never | ___ Rarely | ___ Sometimes | ___ Frequently |
| 2) Argues with adults             | ___ Never | ___ Rarely | ___ Sometimes | ___ Frequently |
| 3) Refuses adult's requests       | ___ Never | ___ Rarely | ___ Sometimes | ___ Frequently |
| 4) Deliberately annoys people     | ___ Never | ___ Rarely | ___ Sometimes | ___ Frequently |
| 5) Blames others for own mistakes | ___ Never | ___ Rarely | ___ Sometimes | ___ Frequently |
| 6) Easily annoyed by others       | ___ Never | ___ Rarely | ___ Sometimes | ___ Frequently |
| 7) Angry/Recently                 | ___ Never | ___ Rarely | ___ Sometimes | ___ Frequently |
| 8) Spiteful/Vindictive            | ___ Never | ___ Rarely | ___ Sometimes | ___ Frequently |
| 9) Defiant                        | ___ Never | ___ Rarely | ___ Sometimes | ___ Frequently |
| 10) Bullies/Teases others         | ___ Never | ___ Rarely | ___ Sometimes | ___ Frequently |

11) Initiates fights	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
12) Uses a weapon	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
13) Physically cruel to people	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
14) Physically cruel to animals	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
15) Stealing	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
16) Forces sexual activity	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
17) Intentional arson	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
18) Burglary	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
19) "Cons" other people	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
20) Runs away from home	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
21) Truant at school	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
22) Doesn't pay attention to details	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
23) Several careless mistakes	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
24) Does not listen when spoken to	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
25) Doesn't finish chores/homework	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
26) Difficulty organizing tasks	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
27) Loses things	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
28) Easily distracted	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
29) Forgetful in daily activities	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
30) Fidgety/squirmy	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
31) Difficulty remaining seated	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
32) Runs/climbs around excessively	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
33) Sexually Active	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
34) Hyperactive	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
35) Difficulty awaiting turn	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
36) Interrupts others	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
37) Problems pronouncing words	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
38) Poor grades in school	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
39) Expelled from school	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
40) Drug abuse	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
41) Alcohol consumption	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
42) Depression	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
43) Shy/avoidant/withdrawn	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
44) Suicidal threats/attempts	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
45) Fatigued	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
46) Anxious/nervous	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
47) Excessive worry	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
48) Sleep disturbance	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
49) Panic attacks	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently
50) Mood shifts	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Frequently

## SOLUTIONS

What, solutions have you tried for helping your adolescent overcome his/her current issues?

---

---

---

---

## SPIRITUAL OR CULTURAL INFORMATION

It is our desire to understand your child and your family as much as possible to better serve you. If there is any information about your family, your or the child's religion or culture that would be important for us to know about or understand, please include that information here and please share with us during the intake session:

---

---

---

---

**Confidentiality** – it is important your child feels free to speak with their counselor about sensitive issues. At times they may share concerns with the therapist they have not yet shared with you. **We will always share immediate safety concerns with you.** But outside of immediate safety, our preferred approach is to hear the child's concerns and begin to address those concerns in session and help your child **grow towards a place of sharing those issues with you themselves.** You have the final say regarding what issues you want shared with you immediately or which issues we are allowed time to address in session. Please mark below and discuss with the counselor which issues you immediately want the counselor to notify you of if disclosed in session. For example:

\_\_\_ same sex attraction \_\_\_ substance use \_\_\_ bullying (victim or aggressor) \_\_\_ pornography use  
\_\_\_ sexual activity \_\_\_ pregnancy scare \_\_\_ non-suicidal self-harm

## STRENGTHS/WEAKNESSES

List the adolescent's three greatest weaknesses or needed areas of improvement.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

List the adolescent's three greatest strengths.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

*Thank you for completing this paperwork. I look forward to meeting you and your child.*



## NOTICE OF PRIVACY PRACTICES

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

We are required by The Health Insurance Portability & Accountability Act of 1996 (HIPAA) to provide confidentiality for all medical/mental health records and other individually identifiable health information in our possession. This Notice is to inform you of the uses and disclosures of confidential information that may be made by the practice, and of your individual rights and the practice's legal duties with respect to confidential information.

### Ways in Which We May Use and Disclose your Protected Health Information:

We may use and disclose at our discretion your medical records for each of the following purposes only: treatment, payment and healthcare operations.

- **Treatment** means providing, coordinating, or managing mental health care and related services. *For example* – use or disclosure by the health care provider in training programs in which “students, trainees, or practitioners in mental health” learn under supervision to practice or improve their skills in group, joint, family, or individual counseling. This also means, that unless you request otherwise, ECA counselors may consult with one another to coordinate care: in your case alone or in the case that a family member is also working with an ECA therapist.
- **Payment** means activities such as obtaining payment for the mental health care services we provide for you either from your insurance or another third-party payer, credit card or collection agency. *For example* – we may include information with a bill to a third-party payer that identifies you, your diagnosis, and procedures performed in an attempt to collect payment.
- **Health care operations** include the business aspects of running our practice. *For example* – to evaluate our treatment and services, or to evaluate our staff's performance while caring for you. We may at times communicate with you by text or email; both of which may not always be a secure form of communication. You may refuse this kind of communication by checking the appropriate box on your intake form.

We may contact you to provide appointment reminders or other services that may be of interest to you. We will disclose your protected health information to any person *you identify* that is involved in your care or payment for your care. For example - a family member, relative, close friend, a pastor or pastor's representative whom you have asked us to communicate with. Or we may contact your designated Emergency Contact in case of an emergency.

We will use and disclose your protected health information *when required to by federal, state, or local law*. There are certain situations in which, as a therapist, I am required by ethical standards to reveal information obtained during therapy to other persons or agencies - even if you do not give permission. These situations are as follows: (a) If you threaten grave bodily harm or death to yourself or another person, I am required by ethical standards to inform the intended victim and/or appropriate law enforcement agencies; (b) if you report to me your knowledge of physical or sexual abuse of a minor child or of an elder (over 65) or any sexual conduct/contact with a minor, I am required by law to inform the appropriate child welfare agency which may then investigate the matter; (c) if I am required by a court of law (court order) to turn over records to the court or are ordered to testify regarding those records.

Any other uses and disclosures will be made only with your written authorization. You will be provided with an authorization form upon request. A separate form will be needed for each request for release of information. The authorization for release of records is valid until it expires or is revoked. You may revoke an authorization in writing and we are required to honor and abide by that written request, except to the extent that we have already taken actions relying on your authorization.

(continued on next page)

## NOTICE OF PRIVACY PRACTICES CON'T

### Your Health Information Rights:

Although your records are the physical property of **Elledge Counseling Associates**, the information belongs to you. You have the following rights with respect to your information, which you can exercise by presenting a written request to our office manager.

You have:

- The right to request restrictions on certain uses and disclosures of your information. We are, however, not required to agree to a requested restriction. If we do agree to a restriction, we must abide by it unless you agree in writing to remove it. For example – a request that we not identify the agency when we contact you. (i.e.- “This is **Elledge Counseling Associates** calling”)
- The right to inspect and copy the information that we maintain about you. However, we *may deny an individual access*, provided that the individual is given a right to have such denials reviewed, in the following circumstances:
  - a health care provider has determined, in the exercise of professional judgment, that the access requested is reasonably likely to *endanger the life or physical safety of the individual or another person*;
  - the information makes *reference to another person* (unless the other person is a health care provider) and the health care provider has determined, in the exercise of professional judgment, that the access requested is reasonably likely to cause substantial harm to such other person; or
  - The request for access is made by the individual’s personal representative and the health care provider has determined, in the exercise of professional judgment, that the provision of access to such personal representative is reasonably likely to *cause substantial harm to the individual or another person*.
  - If you wish to inspect or copy your information, you must submit your request in writing to our office. We will have 30 days to respond to your request for information that we maintain at our practice site. If the information is stored off-site, we are allowed up to 60 days to respond but must inform you of this delay.
- The right to billing records.
- The right to revoke your consent to release information except to the extent that the agency has taken actions in reliance on the previously signed consent form.
- The right to reasonable requests to receive confidential communications of protected health information from us by alternative means or at alternative locations. For example – at your regularly scheduled appointment at a church satellite office, or by e-mail or fax.
- The right to amend your information if you feel that it is incomplete or inaccurate. You must make this request in writing to your therapist stating exactly what information is incomplete or inaccurate and your reasoning to support your request. We will respond to your request with in sixty (60) days. In rare cases your request may be denied. For a complete description of Rights of Amendment, please contact our office manager.
- The right to receive an accounting of disclosures of protected health information
- The right to obtain a paper copy of this notice from us upon request (you will always have access on our website)
- The right to file a complaint if you believe we have violated your medical information privacy rights. You have the right to file a written complaint to our office manager, or Executive Director, or directly to the Secretary of Health and Human Services

To file a complaint with our practice, you must make it in writing within 180 days of the suspected violation. Provide as much detail as you can about the suspected violation and send it to Brenda Elledge, Director, **Elledge Counseling Associates 328 Pebblebrook**, Red Oak, TX 75154. You should know there will be no retaliation for your filing a complaint.

For more information about HIPAA or to file a complaint:  
The U.S. Department of Health & Human Services  
Office of Civil Rights  
200 Independence Avenue, S.W.  
Washington, D.C. 20201  
(202) 619-0257 or Toll Free: 1-877-696-6775

We reserve the right to change the terms of our notice and to make the new notice provisions effective for all protected health information that we maintain. If and when one is available, you may request a written copy of a revised notice from this office.

## LEGAL REQUESTS/COURT PROCEEDINGS

If I, my legal counsel, or an adversarial counsel subpoenas any counselor from ECA to appear on my behalf, in a deposition or any court proceeding, I agree to pay that counselor \$1500.00 per day to appear in court cases within the same county of the counselor's primary office location. If the counselor is required to travel outside their county or stay overnight, an additional full day rate will be charged. A half-day rate may be possible in the event of a pre-scheduled online court appearance.

I also understand that the counselor will require a subpoena to appear. An email subpoena is acceptable.

I also understand that the court appearance fee is due 72 hours in advance of my appearance, and if that fee is not paid as required, the counselor will seek legal representation to file a motion to quash the subpoena.

If the court appearance is canceled with a minimum of 48 hours advance notice, \$1000.00 may be refunded to you. This is not a guarantee. Despite cancellation, payment processing fees, the counselor's legal fees, and the counselor's time spent in court preparation is an expense.

If I or my legal counsel requests a copy of the client file, session notes, treatment summaries or session attendance documentation on my behalf, I agree to pay all reasonable copying and or postage costs. Clients may pick up the documents or pay to have the documents mailed to them. All payments must be processed before the documents are presented.

**ECA counselors are not expert witnesses nor custody evaluators. We cannot give legal advice so we strongly urge clients to discuss with their lawyers the perceived need for a counselor's documentation or court testimony, and the subsequent financial burden it may cause the client.**

By signing below, you are stating that you have read and understood this policy statement and have had any questions about this document answered to your satisfaction.

Client Printed Name \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

## INFORMED CONSENT AND ECA POLICIES

I consent to my child taking part in treatment with an **Elledge Counseling Associates (ECA)** counselor. I understand that the counselor will develop a treatment plan consisting of goals I have for my child, goals my child may have, and those the counselor determines are in the best interest of my child.

I understand that no promises have been made to me as to the results of treatment.

I am aware that I may stop treatment at any time, however, I agree to talk with the counselor if I feel like ending therapy before all the treatment goals for my child are met.

Sessions last for 45 minutes. I also understand that if I or my child is late to an appointment the counselor will not run over into another client's appointment time and I will be billed for the entire session.

In the case of an emergency I may call my child's counselor. If the counselor is unavailable and it is a life-threatening emergency, I will call 911 or take my child to the nearest emergency room.

Confidentiality is the ethical right of all clients. However, there are certain exceptions, which surpass the confidentiality of the client-therapist relationship and the therapist may be ethically bound and legally required to inform the proper authorities.

Exceptions to Confidentiality:

1. The therapist makes an assessment that the client is a danger to self or others.
2. A client reports past or present abuse/neglect/exploitation of a child, elderly person, or a person with a disability (physical or intellectual).
3. A client acknowledges committing past or present abuse/neglect/exploitation of a child, elderly person, or a person with a disability (physical or intellectual).
4. When counseling records are subpoenaed by a court of law.
5. The client shares with the counselor their use of pornography involving minors.

**By signing below, you are stating that you have read and understood this informed consent and policy statement and have had any questions about this document answered to your satisfaction.**

\_\_\_\_\_  
Client Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

## LIMITS OF THE COUNSELING RELATIONSHIP

It's important to remember that although sessions with the counselor may feel very intimate emotionally or psychologically, the counseling relationship is a professional one and not a social one.

The counseling relationship is governed by certain laws (Texas Administrative Code, Title 22, Part 30, Chapter 681) and ethics (Subchapter C) that are set in place **for the protection of the client.**

For example:

1. Contact must be limited to scheduled sessions only.
2. Due to ethical guidelines, please do not to invite your counselor to social gatherings, offer gifts, ask your counselor to write references, or relate to you in any way other than the professional context of the counseling sessions (**this includes any interaction involving social networking sites, i.e., Facebook, Instagram, LinkedIn, dating apps, etc.**).
3. Your counselor is required to keep the identity of clients confidential. Therefore, your counselor cannot, and will not, acknowledge you outside of counseling sessions unless you first acknowledge them.
4. When the counseling relationship ends, the limitations of contact with the counselor must remain the same.

If you feel that your therapist has failed to adhere to the laws or ethics governing Texas LPCs please address this with your counselor or the Executive Director of ECA. Or you may file a complaint by writing or calling the Texas Behavioral Health Executive Council at 333 Guadalupe St., Ste. 3-900 Austin, Texas 78701, (512) 305-7700. Or you may download a complaint form from the website at <https://www.bhec.texas.gov/wp-content/uploads/2020/07/BHEC-Complaint-Form.pdf>.

**My signature below affirms that I have read, understood, and agree to the limits of the counseling relationship.**

\_\_\_\_\_  
Client Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

## PARENT / GUARDIAN PARTICIPATION AGREEMENT

Parents, grandparents, and caregivers are the most important people in a child's life. We as counselors are here to support your child by providing a safe environment for him/her to process difficult emotions, thoughts and experiences. We will educate him/her on certain topics or provide coping tools and tips as appropriate. At times we will also be advocates for your child and ask you to work with us to see the improvement you and/or your child desire.

Some adult's mistakenly think that they will bring their child in for a 45-minute session every week or every other week and the counselor will work a miracle and solve all the problems their child has in two months.

Unfortunately, that is unrealistic and allowing you or the child to believe that sets you both up for disappointment.

So, in order to set you both up for success, here's what we ask of you:

1. Regular, consistent and punctual attendance at appointments (weekly is best whenever possible)
2. Participation in educational and encouraging resources (fancy words for the homework that your child's counselor will assign you – articles, videos, activities, books, podcasts)
3. Patience (your child's problems probably didn't develop in a few weeks/months, therefore solving them in a few weeks/months probably won't happen, either)
4. Attend regular parent meetings with your child's counselor to discuss progress, setbacks, and treatment goals
  - Parent sessions/updates are open to all parents/custodial adults unless deemed otherwise by a judge.
  - Stepparents or grandparents are welcomed into sessions if invited by the child's parent/guardian.

---

\_\_\_\_\_ I understand that participation in my child's therapy is essential to the best outcome.

\_\_\_\_\_ I am willing to follow the participation guidelines outlined above.

---

Client Printed Name

---

Date

---

Signature of Parent/Guardian

## RIGHT TO SEEK COUNSELING FOR A MINOR

**If the minor child lives with both biological/adoptive parents check here and sign below.**

\_\_\_\_\_ I am the child's biological /adoptive/ parent with full rights to seek counseling for my child.

---

**If the minor child does not live with both biological/adoptive parents continue reading and sign below.**

1. Texas law and LPC ethics requires that ECA maintain a copy in our file (digital or paper) of the most recent custody papers, i.e., divorce decree, modified decree, SAPCR, etc., in the case of any minor client named in a custody agreement or court order (copy must be obtained PRIOR to sessions with the child).

2. Texas law and LPC ethics requires that if a minor client does not live with both biological/adoptive parents, then the adult seeking counseling will provide ECA with the most current phone number and/or address for the other parent in order to facilitate notification.

*We are obligated to make a good faith effort to contact the other parent and document this in our files.*

*We are committed to therapeutically appropriate contact and feedback to all involved adults for the child client's well-being*

**If you have any concerns or questions about the information above please do not hesitate to discuss them with the counselor.**

---

***If legal documentation is required:***

\_\_\_\_\_ I have provided a copy of the most recent custodial court documents.

\_\_\_\_\_ If applicable, I will provide the most recent contact information for the minor child's other legal parent or guardian.

\_\_\_\_\_  
Client Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Adult Printed Name/Relationship to Child

\_\_\_\_\_  
Signature

## UNACCOMPANIED MINORS POLICY

For the protection of all children and in agreement with our partner sites:

Please initial each policy and sign at the bottom acknowledging your understanding of this policy.

\_\_\_\_\_ Unaccompanied minors are not allowed in the office buildings for any reason.

\_\_\_\_\_ Unaccompanied minors are not allowed to wait unsupervised while their parent(s) are in session.

\_\_\_\_\_ A parent or guardian must remain in the building during a minor client's session. Parents/guardians who leave the premises during their child's appointment may no longer be able to schedule appointments.

\_\_\_\_\_ Adolescent clients who drive themselves to session may remain unaccompanied while waiting on their counselor.

**My signature below affirms my understanding of, and agreement to adhere to these policies.**

\_\_\_\_\_

Client Printed Name

\_\_\_\_\_

Parent/Guardian Signature

\_\_\_\_\_

Date

## ADOLESCENT SELF-REPORT

Your counselor wants to know what concerns or issues are important to you. If you want to fill this out and bring it to your appointment, please do. But no pressure! If you want to wad this up and throw it in the trash, go ahead 😊 You counselor is looking forward to meeting you and hearing from you.

Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Birthday \_\_\_\_\_

Do you have a preferred name/nickname/pronoun? \_\_\_\_\_

School \_\_\_\_\_ Job \_\_\_\_\_

Hobbies \_\_\_\_\_

Who do you currently live with? \_\_\_\_\_

What is their relationship to you? \_\_\_\_\_

### THOUGHTS CHECKLIST

Please check how often the following thoughts that occur to you:

- |                                |     |       |     |        |     |           |     |            |
|--------------------------------|-----|-------|-----|--------|-----|-----------|-----|------------|
| 1. Life is hopeless.           | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 2. I am lonely.                | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 3. No one cares about me.      | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 4. I am a failure.             | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 5. Most people don't like me.  | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 6. I want to die.              | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 7. I want to hurt someone.     | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 8. I am so stupid.             | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 9. I am going crazy.           | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 10. I can't concentrate.       | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 11. I am so depressed.         | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 12. God is disappointed in me. | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 13. I am disappointed with God | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 14. I can't be forgiven.       | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 15. Why am I so different?     | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 16. I can't do anything right. | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 17. People hear my thoughts.   | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 18. I have no emotions.        | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 19. Someone is watching me.    | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 20. I hear voices in my head.  | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |
| 21. I am out of control.       | ___ | Never | ___ | Rarely | ___ | Sometimes | ___ | Frequently |

### ISSUES CHECKLIST

Please indicate which of the following are **current** issues for you. Check all that apply:

- |  |   |
|--|---|
| <input type="checkbox"/> Not being able to say what you really think or feel | <input type="checkbox"/> Feeling inferior to others                   |
| <input type="checkbox"/> Under too much pressure and feeling stressed        | <input type="checkbox"/> Angry outbursts                              |
| <input type="checkbox"/> Feeling down or unhappy/depressed mood              | <input type="checkbox"/> Excessive fear of specific places or objects |
| <input type="checkbox"/> Excessive anxiety or worry                          | <input type="checkbox"/> Difficulty making friends                    |
| <input type="checkbox"/> Withdrawing from others                             | <input type="checkbox"/> Difficulty keeping friends                   |

- Suspicious feelings toward other people
- Afraid of being on your own
- Angry feelings
- Concerns about finances
- Feeling “numb” or cut off from emotions
- Concerns about physical health
- Concerns about emotional stability
- Tremors
- Blackouts or temporary loss of memory
- Insomnia (not being able to sleep)
- Loss of appetite/increased appetite
- Uncontrollable anxiety or worry
- Lacking self-confidence
- Feeling sexually attracted to members of your own sex
- Eating and then vomiting to control weight
- Excessive use of alcohol
- Abuse of non-prescription drugs
- Loss of interest in usual activities/lack of motivation
- Heart Palpitations
- Other: \_\_\_\_\_
- Feeling as if you’d be better off dead
- Feeling manipulated or controlled by others
- Difficulty making decisions
- Loss of interest in sexual relationships
- Feeling Fat
- Feeling distant from God
- Hallucinations
- Hypersomnia (sleeping all the time)
- Inability to concentrate while at school/work
- Crying spells
- Feeling “on top of the world”
- Nightmares
- Getting into trouble at school/work
- Obsessions or compulsions with specific activities
- Inability to control thoughts
- Feeling trapped in rooms/buildings
- Hearing voices
- Feeling that people are “out to get you” or that you are being watched
- Memory Problems
- Chest Pain/Pressure

**PROBLEMS CHECKLIST -**

Rate Each Issue with a Number: 1 = Major Problem    2 = Problem at Times    3= Not a Problem

- \_\_\_\_\_ Feeling accepted by my peers
- \_\_\_\_\_ Learning how to trust others
- \_\_\_\_\_ Getting along with my parents or other family members
- \_\_\_\_\_ Getting a clear sense of what I value
- \_\_\_\_\_ Dealing with sexual feelings and/or problems
- \_\_\_\_\_ Worrying about my future
- \_\_\_\_\_ Trying to decide on a career
- \_\_\_\_\_ Dealing with alcohol or drug abuse
- \_\_\_\_\_ Dealing with problems at school
- \_\_\_\_\_ Dealing with how I feel about myself

Other problems I'd like to talk about:

---

---

What do you hope to gain from counseling?

---

---

**STRENGTHS AND HELPS**

What personal strengths do you feel you possess that may help you with your current difficulties?

---

---

Who or what has helped you cope with your current difficulties?

---

---

Who or what has helped you cope with past difficulties?

---

---

**ANYTHING ELSE**

If there is anything else that you want to remember to ask your counselor or that you want to talk about please write it here.

---

---

---

---