

# FREEDOM COUNSELING CENTER

(aka Andros Family Services)

David Andros, MS, LP Licensed Psychologist

Heather Jackowell, MA, LPC Licensed Professional Counselor

1120 S. Avenue, North Mankato, MN 56003

326 Walnut Street, St. Peter, MN 56082 (mail only)

(507) 934-4160

## BIOGRAPHICAL INFORMATION FORM (ADULT)

INSTRUCTIONS: To assist us in helping you, please fill out this form as fully and openly as possible.

Please submit this online before your session. If unable to do online, please print and mail or bring to first session. Your thoroughness helps us to help you. Thank you.

### PERSONAL HISTORY

Today's Date	<input type="text"/>				
Name	<input type="text"/>	Age	<input type="text"/>		
Birth Date	<input type="text"/>	Sex	<input type="checkbox"/> Male	<input type="checkbox"/> Female	
Address	<input type="text"/>				
City	<input type="text"/>	State	<input type="text"/>	Zip	<input type="text"/>
Phone (home)	<input type="text"/>				
Phone (cell)	<input type="text"/>				
Phone (work)	<input type="text"/>				
Years of Education	<input type="text"/>	Occupation	<input type="text"/>		
Are you satisfied with your present occupation?		<input type="checkbox"/>			
I give my permission to be called at					
Home?		Work?			
May we contact you for appointment reminders or schedule changes by?					
Text ?		Email?		Phone?	
Present Marital Status:					
Never Married		Engaged to be Married		Married now first time	
Married 2nd Time or More		Separated		Divorced and not married	
Widowed and not remarried		Cohabiting (non married)		Divorce pending	
Partnered (specify)		<input type="text"/>			
If married, are you presently living with your spouse?				Yes	No
If married, years married to present spouse				<input type="text"/>	
Please list any children and their ages:					
<input type="text"/>					

### COUNSELING HISTORY

Are you presently receiving other counseling services?		Yes	No
If yes, please briefly describe:			
<input type="text"/>			

Have you had any chemical dependency treatment and/or have attended a support group such as A.A., Al-Anon, and the like? Please describe.

Have you received counseling in the past?      **Yes**      **No**

If yes, please briefly describe:

What has led you to seek help at this time?

Who do you go to for support (family, friends, faith, or self-help groups)?

How long has this problem persisted?

How severe do you believe this problem is? 1 is just an irritant and 10 is VERY distressing

Under what conditions are your problems usually improved? When do you feel happy, calm and peaceful?

What brings you joy (if different from above)?

Under what conditions are your problems usually worsened?

How did you hear about this clinic, or who referred you?

Your Physicians' Name(s)

Clinic

List any major illnesses and/or operations you've had

List any physical concerns you are presently having: (e.g. high blood pressure, headaches, dizziness, etc.)

Have you had any head traumas? If yes, describe.

When was your last complete physical exam? What were the results?

[Empty text box for physical exam results]

On average how many hours of sleep do you get daily?

[Empty input box for hours of sleep]

What is your sleep like? (normal, hard to fall asleep, early waking, fitful, more or less than usual) Please describe.

[Empty text box for sleep description]

What are your appetite/eating habits like?

[Empty text box for eating habits]

Have you gained/lost over ten pounds in the past year?

Yes No Gained Lost

What medications are you taking presently, and for what purpose?

[Empty text box for medications]

Have you ever been involved with the legal system (child custody, order for protection, DWI, etc)?

Yes No

If yes, please explain:

[Empty text box for legal system explanation]

Please complete the following:

- 1. In the past year, have you felt you ought to cut down on your drinking or drug use? **Yes** **No**
- 2. In the past year, have you had people annoy you by criticizing your drinking or drug use? **Yes** **No**
- 3. In the past year, have you felt bad or guilty about your drinking or drug use? **Yes** **No**
- 4. In the past year, have you had a drink or used drugs as an eye-opener first thing in the morning to steady your nerves, to get rid of a hangover, or to get the day started? **Yes** **No**

Please describe your current use of the following:

Alcohol	<input type="text"/>	times per	<b>Day?</b>	<b>Week?</b>	<b>Month?</b>	<b>Year?</b>	
					<b>How much at a time?</b>		<input type="text"/>
Tobacco	<input type="text"/>	times per	<b>Day?</b>	<b>Week?</b>	<b>Month?</b>	<b>Year?</b>	
					<b>How much at a time?</b>		<input type="text"/>
Caffeine	<input type="text"/>	times per	<b>Day?</b>	<b>Week?</b>	<b>Month?</b>	<b>Year?</b>	
					<b>How much at a time?</b>		<input type="text"/>
Marijuana	<input type="text"/>	times per	<b>Day?</b>	<b>Week?</b>	<b>Month?</b>	<b>Year?</b>	
					<b>How much at a time?</b>		<input type="text"/>
Other	<input type="text"/>						
	<input type="text"/>	times per	<b>Day?</b>	<b>Week?</b>	<b>Month?</b>	<b>Year?</b>	
					<b>How much at a time?</b>		<input type="text"/>

List any problems you have had because of drinking or drug use (with friends, the law, your money, your job, sex, school, family):

[Empty text box for problems]

Non-work time spent on social media, computers, screens. Average per day:

[Empty input box for non-work time]

Does it impact your relationships? If so, explain.

**Trauma and abuse history.** Describe any major losses you have had (such as death, disability, divorce, relationship changes):

Please describe any trauma or abuse in your life (such as physical, sexual or emotional abuse, assault, neglect, domestic violence, witnessing the abuse of another, etc.

<b>Physical Abuse</b>	
<b>Sexual Abuse</b>	
<b>Emotional Abuse</b>	
<b>Neglect</b>	
<b>Assault</b>	
<b>Military Related</b>	
<b>Discrimination</b>	
<b>Other</b>	

### RELIGIOUS CONCERNS

Check as many as apply to your sense of spirituality.

<b>Not Spiritual</b>	<b>Seeking</b>	<b>Hurt by Church</b>	<b>Evangelical</b>
<b>Skeptical</b>	<b>Growing</b>	<b>I love God</b>	<b>Charismatic</b>
<b>Born Again</b>	<b>God is unfair</b>	<b>New Age</b>	<b>Non-traditional</b>
<b>Afraid of God</b>	<b>Mad at God</b>	<b>God loves me</b>	<b>I believe but God feels distant</b>
<b>Losing my faith</b>	<b>My faith helps me</b>	<b>Abandoned by God</b>	<b>God is hard to please</b>
<b>Other</b>			

What is your present religious affiliation?

<b>Catholic</b>	<b>Jewish</b>	<b>None, but I believe</b>
<b>Atheist or Agnostic</b>		
<b>Protestant (specify denomination if any)</b>		
<b>Other (please specify)</b>		

How important is religious commitment to you?

<b>Unimportant</b>	<b>Average Importance</b>					<b>Extremely Important</b>	
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	

Are you comfortable with counseling from a Christian perspective? **Yes** **No** **Unsure**

Comments or questions about this? Please explain:

## FAMILY HISTORY

Mother's Age:	<input style="width: 90%;" type="text"/>	If deceased, how old were you when she died?	<input style="width: 90%;" type="text"/>
Father's Age:	<input style="width: 90%;" type="text"/>	If deceased, how old were you when he died?	<input style="width: 90%;" type="text"/>
		If your parents are separated or divorced, how old were you then?	<input style="width: 90%;" type="text"/>

Number of brothers:	<input style="width: 90%;" type="text"/>	Their ages:	<input style="width: 90%;" type="text"/>
Number of sisters:	<input style="width: 90%;" type="text"/>	Their ages:	<input style="width: 90%;" type="text"/>
I was child number	<input style="width: 90%;" type="text"/>	In a family of	<input style="width: 90%;" type="text"/>

Were you adopted or raised with parents other than your natural parents? Yes      No

Briefly describe your relationship with your brothers and/or sisters:

Which of the following best describes the family in which you grew up?

<b>Warm and Accepting</b>	<b>Average</b>			<b>Hostile and Fighting</b>		
1	2	3	4	5	6	7

Which of these describes the way in which your family raised you?

<b>Allowed Independence</b>	<b>Average</b>			<b>Controlling</b>		
1	2	3	4	5	6	7

Briefly describe your mother or mother substitute:

How much and how did she discipline you?

How did she reward you?

How much time did she spend with you when you were a child? **Much      Average      Little**

Your mother's occupation when you were a child?

<b>Stay at home</b>	<b>Worked outside part-time</b>	<b>Worked outside full-time</b>
How did you get along with your mother as a child?		
Poorly	Average	Well
How did you get along with your mother now?		
Poorly	Average	Well
Did your mother have any problems (e.g. alcoholism, violence, etc.) which may have affected your childhood development?		
		Yes      No

If yes, please describe:

Is there anything unusual about your relationship with your mother? Yes      No

If yes, please describe:

Your mother's treatment to you

<b>Poor</b>	<b>Average</b>			<b>Excellent</b>		
1	2	3	4	5	6	7

Your mother's treatment to your family

<b>Poor</b>	<b>Average</b>			<b>Excellent</b>		
1	2	3	4	5	6	7

Your mother's treatment to your father						
<b>Poor</b>			<b>Average</b>			<b>Excellent</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
						<b>7</b>

Briefly describe your father or father substitute:

How much and how did he discipline you?

How did he reward you?

How much time did he spend with you when you were a child? **Much**   **Average**   **Little**

Your father's occupation when you were a child? **Stay at home**   **Worked outside part-time**   **Worked outside full-time**

How did you get along with your father as a child? **Poorly**   **Average**   **Well**

How did you get along with your father now? **Poorly**   **Average**   **Well**

Did your father have any problems (e.g alcoholism, violence, etc.) which may have affected your childhood development? **Yes**   **No**

If yes, please describe:

Is there anything unusual about your relationship with your father? **Yes**   **No**

If yes, please describe:

Your fathers treatment to you						
<b>Poor</b>			<b>Average</b>			<b>Excellent</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
						<b>7</b>

Your father's treatment to your family						
<b>Poor</b>			<b>Average</b>			<b>Excellent</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
						<b>7</b>

Your father's treatment to your mother						
<b>Poor</b>			<b>Average</b>			<b>Excellent</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
						<b>7</b>

### THOUGHTS

Please check how often the following thoughts occur to you:				
1. Life is hopeless	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Frequently</b>
2. I am lonely	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Frequently</b>
3. No one cares about me	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Frequently</b>
4. I am a failure	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Frequently</b>
5. Most people don't like me	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Frequently</b>
6. I want to die	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Frequently</b>
7. I am so stupid	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Frequently</b>
8. I want to hurt someone	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Frequently</b>
9. I feel joyful	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Frequently</b>

10. I feel worthless	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 can't be forgiven	Never	Rarely	Sometimes	Frequently
14. I can't concentrate	Never	Rarely	Sometimes	Frequently
15. I can't do anything right	Never	Rarely	Sometimes	Frequently
16. Why am I so different?	Never	Rarely	Sometimes	Frequently
17. I am emotionally numb	Never	Rarely	Sometimes	Frequently
18. I am out of control	Never	Rarely	Sometimes	Frequently
19. I am going crazy	Never	Rarely	Sometimes	Frequently
20. People hear my thoughts	Never	Rarely	Sometimes	Frequently
21. There is "chatter" in my head	Never	Rarely	Sometimes	Frequently
22. Someone is watching me	Never	Rarely	Sometimes	Frequently
23. I have resentful thoughts	Never	Rarely	Sometimes	Frequently

Please comment (e.g. examples, frequency, effects on you) about each of the above thoughts which occur frequently

Any other thoughts or beliefs about self that impair your quality of life?

### SYMPTOMS

Check the behaviors and symptoms which are a significant impairment in your life.

- |                               |                            |                            |
|-------------------------------|----------------------------|----------------------------|
| <b>Aggression</b>             | <b>Fatigue</b>             | <b>Sexual Difficulties</b> |
| <b>Alcohol Issues</b>         | <b>Hallucinations</b>      | <b>Sick Often</b>          |
| <b>Anger</b>                  | <b>Heart Palpitations</b>  | <b>Sleeping Problems</b>   |
| <b>Distressing Dreams</b>     | <b>Antisocial Behavior</b> | <b>High Blood Pressure</b> |
| <b>Speech Problems</b>        | <b>Anxiety</b>             | <b>Hopelessness</b>        |
| <b>Suicidal Thoughts/Plan</b> | <b>Avoiding People</b>     | <b>Impulsiveness</b>       |
| <b>Thoughts Disorganized</b>  | <b>Chest Pain</b>          | <b>Irritability</b>        |
| <b>Trembling</b>              | <b>Depression</b>          | <b>Judgement Errors</b>    |
| <b>Withdrawing</b>            | <b>Disorientation</b>      | <b>Loneliness</b>          |
| <b>Worrying</b>               | <b>Distractibility</b>     | <b>Memory Impairment</b>   |
| <b>Dizziness</b>              | <b>Mood Shifts</b>         | <b>Drug Dependence</b>     |
| <b>Panic Attacks</b>          | <b>Eating Disorder</b>     | <b>Phobias/Fears</b>       |
| <b>Elevated Mood</b>          |                            |                            |

Obsessing Thoughts (specify)

Compulsive Behaviors (examples)

Other Symptoms (specify)

Give examples of how each of these symptoms (above) which you consider significant impairments (e.g. socially, emotionally, occupationally, physically, etc.)

--

What strengths or resources do you have that will help you succeed in counseling? (Examples include commitment, strong family support, intelligence, good social support, church, friends, etc. ) And what is your greatest success?

1. 

--
2. 

--
3. 

--
4. 

--
5. 

--

List your five greatest weaknesses. What is your greatest challenge?

1. 

--
2. 

--
3. 

--
4. 

--
5. 

--

List your main social difficulties.

--

List your main love and sex difficulties.

--

List your main difficulties at school or work.

--

List your main difficulties at home.

--

List your behaviors which you would like to change.

--

Additional information you believe would be helpful.

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## PATIENT HEALTH QUESTIONNAIRE - 9 (PHQ-9)

Patient Name

Date

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not at all	Several Days	More than 1/2 the days	Nearly Every Day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
8. Moving or speaking so slowly that other people could have notices? O the opposite - being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way.	0	1	2	3
Total	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>	<input style="width: 100%; height: 20px;" type="text"/>

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not at all

Somewhat

Very

Extremely

PHQ9 total score from columns

**Score**

**Symptom Severity**

5-9

Mild Depression

10-14

Moderate Depression

15-19

Moderately Severe Depression

20-27

Severe Depression

*Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.*

## GENERALIZED ANXIETY DISORDER 7-ITEM (GAD-7) SCALE

Patient Name

Date

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several Days	More than 1/2 the days	Nearly Every Day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
<b>Column total</b>	<input style="width: 50px; height: 20px;" type="text"/>	<input style="width: 50px; height: 20px;" type="text"/>	<input style="width: 50px; height: 20px;" type="text"/>	<input style="width: 50px; height: 20px;" type="text"/>
<b>Add the score for all columns</b>	<input style="width: 150px; height: 20px;" type="text"/>			

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

	Not at all	Somewhat	Very	Extremely
<b>Key</b>				
0-4		Minimal anxiety		
5-9		Mild anxiety		
10-14		Moderate anxiety		
15+		Severe anxiety		

*Source: Spitzer RL, Kroehke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. Arch Intern Med. 2006;166:1092-1097*