



**Authorization to Pay Benefits & Release Information:** I authorize payment of benefits to David Sanchez, LPC, LCAS, for services provided and I authorize David Sanchez, LPC, LCAS to release to my insurance company any medical information necessary to process this claim and/or to obtain authorization for treatment. Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Release of Information to Primary Care Physician:** Many insurance companies encourage coordination of treatment between the Licensed Professional Counselor and the Primary Care Physician. Please indicate below if you are willing to allow such communication.

- I do not authorize David Sanchez, L.P.C., L.C.A.S. to release information to my **Primary Care Physician**.
- I hereby **authorize** David Sanchez, LPC, LCAS, to release confidential information, including intake summary, treatment goals, and treatment recommendations to my Primary Care Physician in order to aid in treatment planning and coordination. This release is valid for one year unless otherwise stated. I hereby acknowledge that this consent is truly voluntary and is valid until such request is fulfilled. Further understand that I may revoke this consent at any time except to the extent that action based on this consent has been taken.

Signed: \_\_\_\_\_ PCP Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Current Psychiatric/Psychological Treatment:** Name of treating Psychiatrist or Psychologist, if any: \_\_\_\_\_

Describe any type of counseling or psychiatric treatment you have received in the past: \_\_\_\_\_

**Medical:**

Name of Physician/PCP: \_\_\_\_\_ PCP Group/Practice Name: \_\_\_\_\_

Physician Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of any other current physicians treating you: \_\_\_\_\_

Describe any current health problems that you are being treated for:

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

**Current Medications:** including over-the counter medications, vitamins, minerals & supplements.

Name	Dosage	Start Date	Side effects
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please describe (from your view) the reason for today's visit: \_\_\_\_\_

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List people your child lives with and their relationship to them: \_\_\_\_\_

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**Please mark any of the following problems that you feel may be troubling your child.**

**Emotional/Cognitive**

- \_\_\_ Feeling nervous, anxious, afraid
- \_\_\_ Feeling down, depressed
- \_\_\_ Feeling guilty, ashamed
- \_\_\_ Feeling hopeless, helpless
- \_\_\_ Difficulty expressing feelings
- \_\_\_ Difficulty making decisions
- \_\_\_ Difficulty concentrating
- \_\_\_ Dealing w/a traumatic event
- \_\_\_ Racing, recurring thoughts
- \_\_\_ Confusing/disturbing thoughts
- \_\_\_ Thoughts of suicide
- \_\_\_ Feeling alone, unlovable
- \_\_\_ Feeling out of control
- \_\_\_ Adjustment to new situation
- \_\_\_ Shyness/lack of assertiveness
- \_\_\_ Dealing with grief/loss

**Physical**

- \_\_\_ Chronic/terminal illness/pain
- \_\_\_ Panic Attacks
- \_\_\_ Headaches
- \_\_\_ Nightmares
- \_\_\_ Sleep problems/general fatigue
- \_\_\_ Poor appetite
- \_\_\_ Rapid heart beat
- \_\_\_ Weight gain/loss
- \_\_\_ Tightness in Chest
- \_\_\_ Dizziness
- \_\_\_ Nausea or vomiting
- \_\_\_ Health problems
- \_\_\_ Preoccupied w/food, diet, exercise
- \_\_\_ Dissatisfied with body/appearance

**Relationships**

- \_\_\_ Family concerns
- \_\_\_ Relationship issues
- \_\_\_ Feeling rejected by others
- \_\_\_ Friendship issues
- \_\_\_ Other

**School**

- \_\_\_ Procrastination
- \_\_\_ School absences
- \_\_\_ Underachievement
- \_\_\_ Time Management
- \_\_\_ Balancing responsibilities
- \_\_\_ other

**Behaviors**

- \_\_\_ Attempting suicide
- \_\_\_ Binge drinking
- \_\_\_ Using Drugs
- \_\_\_ Withdrawing socially
- \_\_\_ Acting out sexually
- \_\_\_ Self injury (Cutting, burning, scratching)
- \_\_\_ Overeating
- \_\_\_ Eating less
- \_\_\_ Impulsivity
- \_\_\_ Recklessness
- \_\_\_ Anger problems/irritability

**Please check any past, present, or impending problems with your child's immediate family:**

- deaths
- attempted/completed suicide
- serious illness
- divorce
- financial crisis/unemployment
- psychiatric disorder
- frequent relocations
- debilitating injuries/disabilities
- legal problems

**What are your main goals for therapy?**

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

**Thank you for your time, effort and patience with this necessary paperwork.  
Your therapist will be with you shortly**