

**PERSONAL HISTORY FORM – CHILD/ADOLESCENT (<18)**

Client's name: \_\_\_\_\_ Date: \_\_\_\_\_

Gender: \_\_\_F \_\_\_M Date of birth: \_\_\_\_\_ Age: \_\_\_ SSN \_\_\_\_\_

Form completed by \_\_\_\_\_

**If you need more space for the following questions, please use the back of the sheet.**

Primary reason(s) for seeking services:

\_\_\_ Anger management \_\_\_ Anxiety \_\_\_ Coping \_\_\_ Depression  
\_\_\_ Addictive behaviors \_\_\_ Fear/phobias \_\_\_ Mental confusion \_\_\_ Sexual concerns  
\_\_\_ Sleeping problems \_\_\_ Eating disorder \_\_\_ Alcohol/drugs \_\_\_ Hyperactivity  
\_\_\_ Other mental health concerns (specify): \_\_\_\_\_

Is there a lawsuit or custody suit pending, or is there a probability of a lawsuit being filed regarding the problem for which you are seeking counseling? Yes \_\_\_ No \_\_\_

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

**FAMILY HISTORY**

**Current Parental Marital Status:** Married to each other for \_\_\_ years;

Separated for \_\_\_ years Divorced for \_\_\_ years; Please Explain: \_\_\_\_\_

Father remarried \_\_\_ times Father involved with someone else \_\_\_\_\_

Mother remarried \_\_\_ times; Mother involved with someone else \_\_\_\_\_

If divorced or separated, who has legal custody? \_\_\_\_\_

Were the child's/adolescent's parents ever married? \_\_\_ Yes \_\_\_ No

**CLIENT'S MOTHER**

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Occupation: \_\_\_\_\_

Where employed: \_\_\_\_\_ Work phone: \_\_\_\_\_ FT \_\_\_ PT \_\_\_

Mother's Education: \_\_\_\_\_

Is the child/adolescent currently living with mother? \_\_\_ Yes \_\_\_ No

\_\_\_ Natural Parent \_\_\_ Set-Parent \_\_\_ Adoptive Parent \_\_\_ Foster Home

Mothers relationship with Client \_\_\_ Poor \_\_\_ Average \_\_\_ Good;

Other (specify): \_\_\_\_\_

Is there anything notable, unusual or stressful about the child's/adolescent's relationship with the mother?

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

How does the mother discipline the child/adolescent? \_\_\_\_\_

For what reasons does the mother discipline the child/adolescent? \_\_\_\_\_

**CLIENT'S FATHER**

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Occupation: \_\_\_\_\_

Where employed: \_\_\_\_\_ Work phone: \_\_\_\_\_ FT \_\_\_PT\_\_\_

Father's Education: \_\_\_\_\_

Is the child/adolescent currently living with father? \_\_\_\_\_Yes \_\_\_\_\_No

\_\_\_\_ Natural Parent \_\_\_\_ Set-Parent \_\_\_\_ Adoptive Parent \_\_\_\_ Foster Home

Fathers relationship with Client \_\_\_Poor \_\_\_Average \_\_\_Good;

Other (specify): \_\_\_\_\_

Is there anything notable, unusual or stressful about the child's/adolescent's relationship with the father?

\_\_\_\_\_Yes \_\_\_\_\_No If Yes, please explain: \_\_\_\_\_

How does the father discipline the child/adolescent? \_\_\_\_\_

For what reasons does the father discipline the child/adolescent? \_\_\_\_\_

**IMMEDIATE FAMILY CONTINUED**

List all persons/family members living in client's household and all siblings:

Names of Siblings	Age	Gender	Lives		Quality of Relationship with the Client		
			Home	Away	Poor	Average	Good
_____	_____	___F___M	___Home___	___Away___	___Poor___	___Average___	___Good___
_____	_____	___F___M	___Home___	___Away___	___Poor___	___Average___	___Good___
_____	_____	___F___M	___Home___	___Away___	___Poor___	___Average___	___Good___
_____	_____	___F___M	___Home___	___Away___	___Poor___	___Average___	___Good___

**Others living in the household**

Relationship  
(e.g., grandparent, cousin, foster child)

_____	_____	___F___M	_____	___Poor___	___Average___	___Good___
_____	_____	___F___M	_____	___Poor___	___Average___	___Good___
_____	_____	___F___M	_____	___Poor___	___Average___	___Good___
_____	_____	___F___M	_____	___Poor___	___Average___	___Good___

Describe any past or current significant issues in other immediate family relationships: \_\_\_\_\_

\_\_\_\_\_

**FAMILY HEALTH HISTORY**

Have any of the following diseases occurred among the child's/adolescent's blood relatives (parents, siblings, aunts, uncles, or grandparents)?

Check those which apply:

- |                                            |                                              |                                                    |
|--------------------------------------------|----------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Allergies         | <input type="checkbox"/> Deafness            | <input type="checkbox"/> Muscular Dystrophy        |
| <input type="checkbox"/> Anemia            | <input type="checkbox"/> Diabetes            | <input type="checkbox"/> Nervousness               |
| <input type="checkbox"/> Asthma            | <input type="checkbox"/> Glandular Problems  | <input type="checkbox"/> Perceptual Motor Disorder |
| <input type="checkbox"/> Bleeding Tendency | <input type="checkbox"/> Heart Diseases      | <input type="checkbox"/> Mental Retardation        |
| <input type="checkbox"/> Blindness         | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Seizures                  |
| <input type="checkbox"/> Cancer            | <input type="checkbox"/> Kidney Disease      | <input type="checkbox"/> Spinal Bifida             |
| <input type="checkbox"/> Cerebral Palsy    | <input type="checkbox"/> Mental Illness      | <input type="checkbox"/> Suicide                   |
| <input type="checkbox"/> Cleft Lips        | <input type="checkbox"/> Migraines           | <input type="checkbox"/> Other (specify): _____    |
| <input type="checkbox"/> Cleft Palate      | <input type="checkbox"/> Multiple Sclerosis  | _____                                              |

Comments Family Health: \_\_\_\_\_  
\_\_\_\_\_

**PREGNANCY/ BIRTH**

Has the child's/adolescent's mother had any occurrences of miscarriages or stillborns?

Yes  No If Yes, describe: \_\_\_\_\_

Was the pregnancy with child/adolescent planned?  Yes  No

Mother's age at child's birth: \_\_\_\_\_ Father's age at child's birth: \_\_\_\_\_

Child/adolescent number: \_\_\_\_\_ of \_\_\_\_\_ total children.

How many pounds did the mother gain during the pregnancy? \_\_\_\_\_

While pregnant, did the mother smoke?  Yes  No If Yes, what amount: \_\_\_\_\_

Did the mother use drugs of alcohol?  Yes  No If Yes, what type/amount: \_\_\_\_\_

While pregnant, did the mother have any medical or emotional difficulties (e.g. surgery, hypertension, medication)?  Yes  No If Yes, please describe: \_\_\_\_\_  
\_\_\_\_\_

Length of Pregnancy: \_\_\_\_\_ Baby's birth weight: \_\_\_\_\_ Baby's birth length: \_\_\_\_\_

Length of Labor: \_\_\_\_\_ Induced?  Yes  No; Cesarean?  Yes  No

Describe any physical or emotional complications with the delivery: \_\_\_\_\_

Describe any complications for the mother or the baby with the delivery: \_\_\_\_\_

**NFANCY/TODDLER** (Check all that apply)

<input type="checkbox"/> Breast-fed	<input type="checkbox"/> Milk Allergies	<input type="checkbox"/> Vomiting	<input type="checkbox"/> Diarrhea
<input type="checkbox"/> Bottle-fed	<input type="checkbox"/> Rashes	<input type="checkbox"/> Colic	<input type="checkbox"/> Constipation
<input type="checkbox"/> Not Cuddly	<input type="checkbox"/> Cried Often	<input type="checkbox"/> Rarely Cried	<input type="checkbox"/> Overactive
<input type="checkbox"/> Resisted Solid Food	<input type="checkbox"/> Trouble Sleeping	<input type="checkbox"/> Irritable When Awakened	<input type="checkbox"/> Lethargic

**DEVELOPMENT HISTORY:** (Check all that apply)

Child's development was:  Slow  Average  Fast

In what areas **did development veer** from normal?

Sat Alone	Tied Shoe Laces	Spoke Sentences,	Dry During Day
Dressed Self	Spoke Words	Toilet Trained	Fed Self
took 1 <sup>st</sup> Steps	Rode Two- Wheeled Bike	Weaned	Dry During Night

Compared with others in the family, child's/adolescent's development was:  
 Slow  Average  Fast

**Age for following developments were (List age below )**

Began Puberty \_\_\_\_\_ Menstruation: \_\_\_\_\_ Voice Change: \_\_\_\_\_

Convulsion: \_\_\_\_\_ Breast Development: \_\_\_\_\_ Injuries or Hospitalization: \_\_\_\_\_

Issues that affected child's/adolescent's development (e.g. physical/sexual abuse, inadequate nutrition, neglect, etc.): \_\_\_\_\_

**EDUCATION**

Current School: \_\_\_\_\_

Type of School:  Public  Private  Home Schooled  Other (specify): \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

In Special Education:  Yes  No If Yes, describe: \_\_\_\_\_

In Gifted Program:  Yes  No If Yes, describe: \_\_\_\_\_

Has child/adolescent ever been held back in school?  Yes  No

If Yes, describe: \_\_\_\_\_

Which subjects does the child/adolescent enjoy in school? \_\_\_\_\_

Which subjects does the child/adolescent dislike in school? \_\_\_\_\_

What grades does the child/adolescent usually receive in school? \_\_\_\_\_

Have there been any recent changes in the child's/adolescent's grades? \_\_\_ Yes \_\_\_ No

If Yes, describe: \_\_\_\_\_

Has the child/adolescent been tested psychologically? \_\_\_ Yes \_\_\_ No

If Yes, describe: \_\_\_\_\_

**Check all the descriptions that relate to your child/adolescent: (Parent's Opinion):**

**Feelings about School Work:**

\_\_\_ Anxious      \_\_\_ Passive      \_\_\_ Enthusiastic      \_\_\_ Fearful  
\_\_\_ Eager      \_\_\_ No Expression      \_\_\_ Bored      \_\_\_ Rebellious  
\_\_\_ Other (describe): \_\_\_\_\_

**Approach to School Work:**

\_\_\_ Organized      \_\_\_ Industrious      \_\_\_ Responsible      \_\_\_ Interested  
\_\_\_ Self-directed      \_\_\_ No initiative      \_\_\_ Refuses      \_\_\_ Does only what is expected  
\_\_\_ Sloppy      \_\_\_ Disorganized      \_\_\_ Cooperative      \_\_\_ Doesn't complete assignments  
\_\_\_ Other (describe): \_\_\_\_\_

**Performances in School**

\_\_\_ Satisfactory      \_\_\_ Underachiever      \_\_\_ Overachiever  
\_\_\_ Other (describe): \_\_\_\_\_

**Child's/Adolescent's Peer Relationships:**

\_\_\_ Spontaneous      \_\_\_ Follower      \_\_\_ Leader      \_\_\_ Difficulty making friends  
\_\_\_ Makes friends easily      \_\_\_ Long-time friends      \_\_\_ Shares easily  
\_\_\_ Other (describe): \_\_\_\_\_

**Who handles responsibility for your child/adolescent in the following areas?**

School:      \_\_\_ Mother      \_\_\_ Father      \_\_\_ Shared      \_\_\_ Other (specify): \_\_\_\_\_  
Health:      \_\_\_ Mother      \_\_\_ Father      \_\_\_ Shared      \_\_\_ Other (specify): \_\_\_\_\_  
Problem Behavior: \_\_\_ Mother      \_\_\_ Father      \_\_\_ Shared      \_\_\_ Other (specify): \_\_\_\_\_

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**If the child/adolescent is involved in a vocational program or works a job, please fill in the following:**

How is the child's/adolescent's grades in school been affected since working?

Lower  Same  Higher

How many previous jobs or placements has the child/adolescent had? \_\_\_\_\_

Usual length of employment: \_\_\_\_\_ Usual reason for leaving: \_\_\_\_\_

### **LEISURE RECREATIONAL**

Describe special areas of interest or hobbies (e.g. art, books, crafts, physical fitness, sports, outdoor activities, church activities, walking, exercising, diet/health, hunting, fishing, bowling, school activities, scouts, etc.)

Activity	How often now? (weekly, none, ect)	How often in the past? (weekly, none, ect)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

### **LEGAL HISTORY**

No legal problems  Now on probation  Arrest(s) not substance-related

Arrest(s) substance-related  Court ordered this treatment

JDC/Jail  how many times, total time served: \_\_\_\_\_

Describe last legal difficulty: \_\_\_\_\_

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### **Medical/Physical Health**

- |                                              |                                              |                                             |
|----------------------------------------------|----------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Abortion            | <input type="checkbox"/> Diphtheria          | <input type="checkbox"/> Kidney Disease     |
| <input type="checkbox"/> Asthma              | <input type="checkbox"/> Dizziness           | <input type="checkbox"/> Mental Illness     |
| <input type="checkbox"/> Blackouts           | <input type="checkbox"/> Ear Aches           | <input type="checkbox"/> Mental Retardation |
| <input type="checkbox"/> Bronchitis          | <input type="checkbox"/> Ear Infections      | <input type="checkbox"/> Muscular Dystrophy |
| <input type="checkbox"/> Cerebral Palsy      | <input type="checkbox"/> Eczema              | <input type="checkbox"/> Nervousness        |
| <input type="checkbox"/> Chicken Pox         | <input type="checkbox"/> Encephalitis        | <input type="checkbox"/> Perceptual Motor   |
| <input type="checkbox"/> Congenital Problems | <input type="checkbox"/> Fevers              | <input type="checkbox"/> Disorder           |
| <input type="checkbox"/> Croup               | <input type="checkbox"/> Glandular Problems  | <input type="checkbox"/> Seizures           |
| <input type="checkbox"/> Deafness            | <input type="checkbox"/> Heart Diseases      | <input type="checkbox"/> Spinal Bifida      |
| <input type="checkbox"/> Diabetes            | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Suicide            |

List any current health concerns: \_\_\_\_\_  
 \_\_\_\_\_

List any recent health or physical changes: \_\_\_\_\_  
 \_\_\_\_\_

**Describe any serious hospitalizations or accidents:**

Date	Age	Reason
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Nutrition** (Define your current nutritional status)

Does your child eat Breakfast Lunch Dinner Snacks? Yes \_\_\_\_\_ No \_\_\_\_\_

Would you consider their food choices healthy? Yes \_\_\_\_\_ No \_\_\_\_\_

Does your child have any issues relating to nutrition? Yes \_\_\_\_\_ No \_\_\_\_\_

Please explain: \_\_\_\_\_

**Most Recent Examinations** (Define any concerns, problems, issues)

Type of Examination	Date of Most Recent Visit	Results
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Physical Examination: \_\_\_\_\_

Dental Examination: \_\_\_\_\_

Vision Examination: \_\_\_\_\_

Hearing Examination: \_\_\_\_\_

**EMOTIONAL/PSYCHIATRIC TREATMENT HISTORY**

Information about child/adolescent (past and present):

	Yes	No	When	Where	Reaction or overall experience
Counseling/Psychiatric:	_____	_____	_____	_____	_____
Treatment:	_____	_____	_____	_____	_____
Suicidal thoughts/attempts:	_____	_____	_____	_____	_____
Drug/alcohol treatment:	_____	_____	_____	_____	_____
Hospitalization:	_____	_____	_____	_____	_____
Diagnosis _____	Treatment Beneficial? _____				

Has a family member had outpatient psychotherapy? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, who/why (list all): \_\_\_\_\_

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<b>Current prescribed medications</b>	<b>Dose</b>	<b>Dates</b>	<b>Purpose</b>	<b>Side Effects</b>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

<b>Current over-the-counter meds</b>	<b>Dose</b>	<b>Dates</b>	<b>Purpose</b>	<b>Side Effects</b>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Has any family member used psychotropic medications? Yes \_\_\_\_\_ No \_\_\_\_\_  
If yes, who/why (list all): \_\_\_\_\_

**Immunization record** Current \_\_\_\_\_ Not current \_\_\_\_\_

Please explain \_\_\_\_\_

**SUBSTANCE USE HISTORY** (Check all that apply for client)

**Family alcohol/drug abuse history:** \_\_\_ Father \_\_\_ Mother \_\_\_ Grandparent(s) \_\_\_  
\_\_\_ Sibling(s) \_\_\_ Stepparent/live-in \_\_\_ Uncle(s)/Aunt(s) \_\_\_ Other

Describe: \_\_\_\_\_

Does the **child/adolescent** use or have a problem with alcohol or drugs? \_\_\_ Yes \_\_\_ No

If Yes, describe: \_\_\_\_\_



**BEHAVIORIAL/ EMOTIONAL**

Please check any of the following that are typical for your child/adolescent:

- |                                                 |                                               |                                                      |
|-------------------------------------------------|-----------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Affectionate           | <input type="checkbox"/> Frustrated Easily    | <input type="checkbox"/> Sad                         |
| <input type="checkbox"/> Aggressive             | <input type="checkbox"/> Gambling             | <input type="checkbox"/> Selfish                     |
| <input type="checkbox"/> Alcohol Problems       | <input type="checkbox"/> Generous             | <input type="checkbox"/> Separation Anxiety          |
| <input type="checkbox"/> Angry                  | <input type="checkbox"/> Hallucinations       | <input type="checkbox"/> Sets Fires                  |
| <input type="checkbox"/> Anxiety                | <input type="checkbox"/> Head Banging         | <input type="checkbox"/> Sexual Addiction            |
| <input type="checkbox"/> Attachment to Dolls    | <input type="checkbox"/> Heart Problems       | <input type="checkbox"/> Sexual Acting Out           |
| <input type="checkbox"/> Avoids Adults          | <input type="checkbox"/> Hopelessness         | <input type="checkbox"/> Shares                      |
| <input type="checkbox"/> Bedwetting             | <input type="checkbox"/> Hurts Animals        | <input type="checkbox"/> Sick Often                  |
| <input type="checkbox"/> Blinking, Jerking      | <input type="checkbox"/> Imaginary Friends    | <input type="checkbox"/> Short Attention Span        |
| <input type="checkbox"/> Bizarre Behavior       | <input type="checkbox"/> Impulsive            | <input type="checkbox"/> Shy, Timid                  |
| <input type="checkbox"/> Bullies, Threatens     | <input type="checkbox"/> Irritable            | <input type="checkbox"/> Sleeping Problems           |
| <input type="checkbox"/> Careless, Reckless     | <input type="checkbox"/> Lazy                 | <input type="checkbox"/> Slow Moving                 |
| <input type="checkbox"/> Chest Pains            | <input type="checkbox"/> Learning Problems    | <input type="checkbox"/> Soiling Self                |
| <input type="checkbox"/> Clumsy                 | <input type="checkbox"/> Lies Frequently      | <input type="checkbox"/> Speech Problems             |
| <input type="checkbox"/> Confident              | <input type="checkbox"/> Listens to Reason    | <input type="checkbox"/> Steals                      |
| <input type="checkbox"/> Cooperative            | <input type="checkbox"/> Loner                | <input type="checkbox"/> Stomach Aches               |
| <input type="checkbox"/> Cyber Addiction        | <input type="checkbox"/> Low Self-Esteem      | <input type="checkbox"/> Suicidal Threats/ Ideations |
| <input type="checkbox"/> Defiant                | <input type="checkbox"/> Messy                | <input type="checkbox"/> Suicidal Attempts           |
| <input type="checkbox"/> Depression             | <input type="checkbox"/> Moody                | <input type="checkbox"/> Talks Back                  |
| <input type="checkbox"/> Destructive            | <input type="checkbox"/> Nightmares           | <input type="checkbox"/> Teeth Grinding              |
| <input type="checkbox"/> Difficulty Speaking    | <input type="checkbox"/> Obedient             | <input type="checkbox"/> Thumb Sucking               |
| <input type="checkbox"/> Dizziness              | <input type="checkbox"/> Often Sick           | <input type="checkbox"/> Tics or Twitching           |
| <input type="checkbox"/> Drugs Dependence       | <input type="checkbox"/> Oppositional         | <input type="checkbox"/> Unsafe Behaviors            |
| <input type="checkbox"/> Eating Disorder        | <input type="checkbox"/> Over Active          | <input type="checkbox"/> Unusual Thinking            |
| <input type="checkbox"/> Enthusiastic           | <input type="checkbox"/> Over Weight          | <input type="checkbox"/> Weight Loss                 |
| <input type="checkbox"/> Excessive Masturbation | <input type="checkbox"/> Panic Attacks        | <input type="checkbox"/> Withdrawn                   |
| <input type="checkbox"/> Expects Failure        | <input type="checkbox"/> Phobias              | <input type="checkbox"/> Worries Excessively         |
| <input type="checkbox"/> Fatigue                | <input type="checkbox"/> Poor Appetite        | <input type="checkbox"/> Other: _____                |
| <input type="checkbox"/> Fearful                | <input type="checkbox"/> Psychiatric Problems | _____                                                |
| <input type="checkbox"/> Frequent Injuries      | <input type="checkbox"/> Panic Attacks        | _____                                                |

Please describe any of the above (or other) concerns: \_\_\_\_\_

How are problem behaviors generally handled? \_\_\_\_\_

What are the family's favorite activities? \_\_\_\_\_

What does the child/adolescent do with unstructured time? \_\_\_\_\_

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Has the child/adolescent experienced death (friends, family pets, other)? \_\_\_Yes \_\_\_No

At what age? \_\_\_\_\_ If Yes, describe the child's/adolescent's reaction: \_\_\_\_\_

Have there been any other significant changes or events in your child's/adolescent's life (family, moving, fire, etc.)? \_\_\_Yes \_\_\_No If Yes, describe: \_\_\_\_\_

Any additional information that you believe would assist us in understanding your child/adolescent? \_\_\_\_\_

Any additional problems that would assist us in understanding current concerns or problems?

What are your goals for the child's/adolescent's therapy? \_\_\_\_\_

What family involvement would you like to see in the therapy? \_\_\_\_\_

Do you believe the child/adolescent is suicidal at this time? \_\_\_Yes \_\_\_No

If Yes, explain: \_\_\_\_\_