



BINCZAK PSYCHOTHERAPY SERVICES

JADWIGA BINCZAK MA, CCAC, CSAT, EMDR

COUNSELING SERVICES INFORMATION INFORMED CONSENT

Date: _____

Client name: _____ email: _____

SIN or Blue Cross # (whichever applicable) _____

DOB: _____ phone number _____

Full address _____

Reason for referral: _____

How were you referred to Binczak Psychotherapy Services?

NOTE: If you are seeing a therapist at Binczak Psychotherapy Services for couple's therapy, each person must fill out and bring a separate set of forms to your first couple's session.



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Welcome

Welcome, it takes courage to reach out for support and we look forward to supporting your healing journey. These forms contain information about Binczak Psychotherapy Services [or BPS] professional counseling services and business policies. There are also several questions included that will help better identify what challenges you are currently facing so that we can best assist you. It is important that you review the following information before beginning your first session. Please feel free to ask any questions you may have about these policies; your BPS therapist will be happy to discuss them with you. There are various places where your signature is required on the following forms; please bring these completed forms with you to your first session.

Instructions

To better assist your Binczak Psychotherapy Services therapist in helping you and your partner, please fill out this form as fully and openly as possible. Your answers will help plan a course of couple's therapy that is most suitable for you and your partner.

Do not exchange this information with your partner at this time.

Several of your answers on this form will be shared later with your partner during joint therapy sessions. For this reason, you are advised to respond honestly and carefully to each item.

If certain questions do not apply to you or you do not want to share this information, please leave them blank.



BINCZAK PSYCHOTHERAPY SERVICES

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1) Have you been married before?

Yes

How many previous marriages have you had? 1 2 3 4 5+

No

2) How long have you and your partner been in this relationship? _____

3) Are you and your partner presently living together? Yes No

4) Are you and your partner engaged to be married? Yes When? No

5) Fill out the following information for each child of whom the natural parent is both yours and your partner's, children from previous relationships, and adopted children.

No children (go on to question 6)

One or each of us has children (continue to 'Whose Child' section on page 2)

*"Whose child?" answering options:

B = Both of ours, natural child

BA = Both of ours, adopted (or taken on)

M = My natural child

MA = My child, adopted (or taken on)

P = Partner's natural child

PA = Partner's child, adopted (or taken on)

*Whose

	Child's name/Age	Sex	child?	Lives with you?
1)		F <input type="checkbox"/> M <input type="checkbox"/>		<input type="checkbox"/> Yes <input type="checkbox"/> No
2)		F <input type="checkbox"/> M <input type="checkbox"/>		<input type="checkbox"/> Yes <input type="checkbox"/> No
3)		F <input type="checkbox"/> M <input type="checkbox"/>		<input type="checkbox"/> Yes <input type="checkbox"/> No
4)		F <input type="checkbox"/> M <input type="checkbox"/>		<input type="checkbox"/> Yes <input type="checkbox"/> No
5)		F <input type="checkbox"/> M <input type="checkbox"/>		<input type="checkbox"/> Yes <input type="checkbox"/> No



BINCZAK PSYCHOTHERAPY SERVICES

JADWIGA BINCZAK MA, CCAC, CSAT, EMDR

6) List three qualities that initially attracted you to your partner:

1)

2)

3)

Does your partner still possess this trait?

Yes No

Yes No

Yes No

7) List three negative concerns that you initially had in the relationship:

1)

2)

3)

Does your partner still possess this trait?

Yes No

Yes No

Yes No

8) List three present positive attributes of your partner:

1)

2)

3)

Do you often praise your partner for this trait?

Yes No

Yes No

Yes No

9) List three present negative attributes of your partner:

1)

2)

3)

Do you nag your partner about this trait?

Yes No

Yes No

Yes No

10) List three things you do (or could do) to make the marriage more fulfilling for your partner:

1)

2)

3)

Do you often implement this behavior?

Yes No

Yes No

Yes No



BINCZAK PSYCHOTHERAPY SERVICES

JADWIGA BINCZAK MA, CCAC, CSAT, EMDR

- 11) List three things that your partner does (or could do) to make the marriage more fulfilling for you:
- Does your partner often implement this behavior?
- 1) Yes No
- 2) Yes No
- 3) Yes No

- 12) List three expectations or dreams you had about relationships before you met your partner:
- Has this been fulfilled?
- 1) Yes No
- 2) Yes No
- 3) Yes No

- 13) On a scale of 1 to 5 rate the following items as they pertain to:
- The present state of the relationship
 - Your need or desire for each item
 - Your partner's need or desire for each item

Circle the Appropriate Response for Each (If not applicable, leave blank.)

	Present state of the relationship					Your need or desire					Partner's need or desire				
	Poor		Great			Low		High			Low		High		
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1) Affection															
2) Childrearing rules															
3) Commitment together															
4) Communication															
5) Emotional closeness															
6) Financial security															
7) Honesty															



BINCZAK PSYCHOTHERAPY SERVICES

JADWIGA BINCZAK MA, CCAC, CSAT, EMDR

	Present state of the relationship					Your need or desire					Partner's need or desire				
	Poor		Great			Low		High			Low		High		
8) Housework sharing	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
9) Love	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
10) Physical attraction	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
11) Religious commitment	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
12) Respect	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
13) Sexual fulfillment	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
14) Social life together	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
15) Time together	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
16) Trust	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Other (specify):															
17)	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
18)	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
19)	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
20)	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

14) For couples living together. Which partner spends more time conducting the following activities?

Circle the Appropriate Response for Each (If not applicable, leave blank.)

(M = Me P = Partner E = Equal time)

Comments: (use back for more room if needed)

1) Auto repairs	M	P	E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	_____
2) Child care	M	P	E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	_____
3) Child discipline	M	P	E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	_____
4) Cleaning bathrooms	M	P	E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	_____



BINCZAK PSYCHOTHERAPY SERVICES

JADWIGA BINCZAK MA, CCAC, CSAT, EMDR

5) Cooking	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
6) Employment	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
7) Grocery shopping	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
8) House cleaning	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
9) Inside repairs	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
10) Laundry	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
11) Making bed	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
12) Outside repairs	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
13) Recreational events	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
14) Social activities	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
15) Sweeping kitchen	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
16) Taking out garbage	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
17) Washing dishes	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
18) Yard work	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
19) Other:	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
20) Other:	M P E	<input type="checkbox"/> Yes	<input type="checkbox"/> No	

15) Fill this out for you and your impression of your partner. If certain behaviors do not take place, leave them blank.

- If some of the following behaviors take place only during MILD arguments circle an "M" in the appropriate blanks.
- If they take place only during SEVERE arguments, circle an "S".
- If they take place during ALL arguments circle an "A".

Circle the Appropriate Response for Each

(M = Mild arguments only S = Severe arguments only A = All arguments)

Behavior	By me	By partner	Should this change?
1) Apologizing	M S A	M S A	<input type="checkbox"/> Yes <input type="checkbox"/> No



BINCZAK PSYCHOTHERAPY SERVICES

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2) Become silent	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Behavior	By me		By partner		Should this change?			
3) Bringing up the past	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4) Criticizing	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5) Cruel accusations	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6) Crying	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8) Leaving the house	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9) Making peace	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10) Moodiness	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
11) Not listening	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12) Physical abuse	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13) Physical threats	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
14) Sarcasm	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
16) Slamming doors	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
18) Speaking rationally	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
19) Sulking	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
20) Swearing	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
21) Threatening to break up	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
22) Threatening to take kids	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No
23) Throwing things	M	S	A	M	S	A	<input type="checkbox"/> Yes	<input type="checkbox"/> No

16) How often do you have:

Mild arguments?

Severe arguments?

17) When a MILD argument is over

how do you usually feel?

When a SEVERE argument is over

how do you usually feel?



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Check Appropriate Responses

- Angry Lonely
- Anxious
- Childish
- Defeated
- Depressed
- Guilty Stupid
- Happy
- Hopeless
- Irritable
- Angry
- Nauseous
- Numb
- Regretful
- Relieved
- Guilty
- Victimized
- Worthless

Check Appropriate Responses

- Lonely
- Anxious Nauseous
- Childish Numb
- Defeated Regretful
- Depressed Relieved
- Stupid
- Happy Victimized
- Hopeless Worthless
- Irritable

18) Which of the following issues or behaviors of you and/or your partner may be attributable to your relationship or personal conflicts? If an item does not apply, leave it blank.

Circle the Appropriate Responses

(M = My behavior P = Partner's behavior B = Both)

Alcohol consumption	M	P	B	Perfectionist	M	P	B
Childishness	M	P	B	Possessive	M	P	B
Controlling	M	P	B	Spending too much	M	P	B
Defensiveness	M	P	B	Stealing	M	P	B
Degrading	M	P	B	Stubbornness	M	P	B
Demanding	M	P	B	Uncaring	M	P	B
Drugs	M	P	B	Unstable	M	P	B
Flirts with others	M	P	B	Violent	M	P	B
Gambling	M	P	B	Withdrawn	M	P	B
Irresponsibility	M	P	B	Working too much	M	P	B
Pornography	M	P	B	Sex Addiction	M	P	B



BINCZAK PSYCHOTHERAPY SERVICES

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Lies	M	P	B	Other (specify):				
Past marriage(s)/ relationship(s)	M	P	B			M	P	B
Other's advice	M	P	B			M	P	B
Outside interests	M	P	B			M	P	B
Past failures	M	P	B	_____		M	P	B

19) In the remaining space please provide additional information that would be helpful:

Please complete the following section after thoroughly reading and completing the Couples Assessment Form.



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I, _____, hereby give my permission for Binczak Psychotherapy Services, to share the information that I provide on this form to:

_____ (your partner's name) when it is deemed appropriate by the therapist. This sharing of information may take place only during a joint counseling session (both partners present).

Client's name (printed): _____

Client's signature: _____ Date: _____

PLEASE BRING THIS AND ALL REQUIRED INTAKE FORMS TO YOUR FIRST COUPLES APPOINTMENT.

Important reminder: DO NOT SHARE THIS INFORMATION WITH YOUR PARTNER AT THIS TIME.