



Dr. Lisa White, Psychologist
Integrating psychotherapy and mindfulness for healing, growth
and wellness.

6156 Quinpool Rd #102, Halifax, NS B3L 1A3.
info@halifaxhealth.ca /Tel: 902-429-3303

Intake questionnaire

Please fill out as much of the following as you are comfortable with, as completely and legibly as you can, and bring it with you to your first session.

Briefly, what are the concern(s)/problems(s) you would like to address in therapy?

What are your goals for therapy? This may be difficult to answer at this time, but please try to come up with something for now.

What do you like to do for fun/pleasure, in your free time?

Describe what others see as your strengths?

Current occupation (if any), and feelings about your work.

Any questions you would like answered in your first session?
