

# Davis Affordable Professional Counseling

Dezaree Finch, Master of Science in Marriage, Family, and Child Counseling  
Licensed Marriage and Family Therapist, 86256  
Office: 1260 Lake Blvd., Suite 201, Davis, Ca 95616  
Mailing: P.O. Box 4528, Davis, CA 95617  
Phone: 530-848-1561, Email: dezareecounsels@dezareefinch.com

## PRE-ENGAGEMENT/PRE-MARITAL COUPLE'S INTAKE

Please fill out the following intake information as completely as possible. Thank you.

Date: \_\_\_\_\_

Your Full Name: \_\_\_\_\_ (AKA's): \_\_\_\_\_

Birth date: \_\_\_\_\_ Age: \_\_\_\_\_

Dating Since: \_\_\_\_\_  Married Since: \_\_\_\_\_  Divorced Since: \_\_\_\_\_  Widowed Since: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Employment Position and Place: \_\_\_\_\_

Children: Full Name Age Living at home? (Y/N) School Name & Address

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Emergency Contact (Name, Phone, Relationship): \_\_\_\_\_

How were you referred to me? \_\_\_\_\_

Current Prescribed/Over the Counter (like ibuprofen) Medications, Recreational Drug Use, and/or Supplements:

Name: \_\_\_\_\_ Amount: \_\_\_\_\_ Why are you taking this?: \_\_\_\_\_ Date Started: \_\_\_\_\_

Name: \_\_\_\_\_ Amount: \_\_\_\_\_ Why are you taking this?: \_\_\_\_\_ Date Started: \_\_\_\_\_

Name: \_\_\_\_\_ Amount: \_\_\_\_\_ Why are you taking this?: \_\_\_\_\_ Date Started: \_\_\_\_\_

Name: \_\_\_\_\_ Amount: \_\_\_\_\_ Why are you taking this?: \_\_\_\_\_ Date Started: \_\_\_\_\_

Name: \_\_\_\_\_ Amount: \_\_\_\_\_ Why are you taking this?: \_\_\_\_\_ Date Started: \_\_\_\_\_

Are there any current challenges, big or small, in the relationship?:

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

Previous Counseling: (Who? When? How long? Outcome?): \_\_\_\_\_

\_\_\_\_\_

What culture(s), ethnicity, and/or heritage do you associate with?: \_\_\_\_\_

# Davis Affordable Professional Counseling

Dezaree Finch, Master of Science in Marriage, Family, and Child Counseling  
Licensed Marriage and Family Therapist, 86256  
Office: 1260 Lake Blvd., Suite 201, Davis, Ca 95616  
Mailing: P.O. Box 4528, Davis, CA 95617  
Phone: 530-848-1561, Email: dezareecounsels@dezareefinch.com

What is the highest grade you completed?: \_\_\_\_\_

Do you have any religious and/or spiritual beliefs?: \_\_\_\_\_

How much sleep do you average per night?: \_\_\_\_\_ Do you feel tired after being awake for 30 minutes? \_\_\_\_\_

Do you intake caffeine? How often? \_\_\_\_\_

What does your exercise habits look like?: \_\_\_\_\_

When was the last time you had medical exam that included bloodwork? What were the results? \_\_\_\_\_

Does anyone in your family have any known mental health challenges? Any treatment?: \_\_\_\_\_

Have you or anyone in your family ever used any kinds of drugs, including alcohol?: \_\_\_\_\_

Any current use by you or your significant other?: \_\_\_\_\_

What was your relationship like with your family growing up?: \_\_\_\_\_

Was there any violence: physical, emotional, sexual, and psychological abuse that has happened with you or anyone else in your family?: \_\_\_\_\_

Have you or anyone in your family attempted to kill themselves or harm themselves in anyway? Any current thoughts of suicide?: \_\_\_\_\_

Have you been in any situation that resulted in your arrest or conviction for a crime?: \_\_\_\_\_

Do you see or hear things that other people do not see or hear?: \_\_\_\_\_

# Davis Affordable Professional Counseling

Dezaree Finch, Master of Science in Marriage, Family, and Child Counseling  
 Licensed Marriage and Family Therapist, 86256  
 Office: 1260 Lake Blvd., Suite 201, Davis, Ca 95616  
 Mailing: P.O. Box 4528, Davis, CA 95617  
 Phone: 530-848-1561, Email: dezareecounsels@dezareefinch.com

Has there been any type of cheating in this relationship? If yes, by who?: \_\_\_\_\_

Has there been any violence in this relationship? If yes, by who?: \_\_\_\_\_  
 Any current violence? \_\_\_\_\_

Do you view pornography?: \_\_\_\_\_

What are your expectations of our time together? \_\_\_\_\_

Why is this the right time to marry? \_\_\_\_\_

**Below is a typical agenda for pre-engagement/pre-marital counseling. Is there anything you would like to add to our agenda? Any concerns with this agenda?**

Process, Review, and Explore	Homeworks
1. Initial session: Introduction (confidentiality, fees, cancellations, structure, hospitality, legal/ethical concerns), review the Couple's Assessment, review Pre-marital Counseling Agenda, explore any current concerns about the relationship's future	1. 'Love Language's', "Six Things Women Wish Men Knew About Them", "10 Things Guys Wish Women Knew About Men", Myers Briggs Personality Test, Addictions, Signs of an Abusive Personality, Healthy and Unhealthy Relationships
2. Exploring who you are and who your partner is: 'Love Language's', "Six Things Women Wish Men Knew About Them", "10 Things Guys Wish Women Knew About Men", Myers Briggs Personality Test, Addictions, Signs of an Abusive Personality	2. Relationship Satisfaction Survey
3. Continue to explore who you are and who your partner is, Relationship Satisfaction Survey, Important areas to establish in the relationship now	3. Establishing Important Areas in the relationship
4. Important Areas in the Relationship check-in, Unrealistic Marriage Expectations, The Basics	4. Getting Real Couple's Questions
5. Getting Real Couple's Questions, How to Communicate Effectively-AAVFE, conflict resolution skills	5. Fair Fighting, assertive communication, expressing empathy
6. Exploring family history, Dealing with In-Laws	6. Financial Management
7. Sex and Affection	7. Sex and Affection
8. Self-Care: successful people traits, cognitive distortions, diet & exercise	8. Mental Health Assessment

# Davis Affordable Professional Counseling

Dezaree Finch, Master of Science in Marriage, Family, and Child Counseling  
Licensed Marriage and Family Therapist, 86256  
Office: 1260 Lake Blvd., Suite 201, Davis, Ca 95616  
Mailing: P.O. Box 4528, Davis, CA 95617  
Phone: 530-848-1561, Email: dezareecounsels@dezareefinch.com

9. Mental Health Assessment, Avoiding Divorce: Demon Dialogues, Vulnerability Factors	9. Avoiding Divorce: Good Enough Marriage, Don't Sweat the Small Stuff, Trust, Grief and Loss, Affairs
10. Children and Parenting, Love and Logic Parenting	10. Children and Parenting, Love and Logic Parenting
11. Review, Closing	

## **Suggested Future Check-in's:**

4 weeks before the wedding (Approximately 1 session)

6 months after the wedding (Approximately 1 session)

1 year after the wedding (Approximately 2 sessions)

5 years after the wedding (Approximately 4 sessions)

10 years after wedding (Approximately 4 sessions)

During the 1<sup>st</sup> year of having your 1<sup>st</sup> child (Approximately 4 sessions)

## **Important Websites you will Have as Homeworks:**

[www.5lovelanguages.com](http://www.5lovelanguages.com) (click on "learn your love language")

[www.16personalities.com](http://www.16personalities.com) (click on "take the test". After you receive the results, click on "Romantic Relationships")

"The Science of Pornography Addiction (SFW)" on youtube

[www.dezareefinch.com](http://www.dezareefinch.com)

## **Materials Needed:**

Notebook

Binder to keep articles and homeworks