



3240 Burnt Mill Drive ▪ Suite 1 ▪ Wilmington, NC 28403 ▪ Tel: 910-790-9500 ▪ Fax: 910-796-8111

**RIGHTS & CONSENT TO TREATMENT**

- You have the right to be respected as an individual, regardless of your gender, race, religion, sexual orientation, or disability status.
- You have the right to be treated in accordance with professional and ethical standards of conduct.
- You have the right to confidentiality. We will not disclose any information outside of the Chrysalis Center without your written consent. Clinical records will be maintained in a secure, locked environment. Please be advised that state law requires that confidentiality be broken in certain emergency situations, such as to protect you or someone else from imminent danger, to report child or elder abuse, or if mandated by a court order. We will not sell your information to anyone for any reason.
- I understand that if Chrysalis shares any information, we will adhere to the “minimum necessary” rule to protect your confidentiality and we will not share Psychotherapy Notes with any third parties.
- You have the right to discontinue therapy at any time. However, it is expected that you will confer with your therapist rather than end treatment abruptly. If you decide to discontinue treatment, you have the right to request a treatment summary and referrals to other professionals.
- I understand that sessions run for 45-50 minutes and will not be extended to accommodate tardy clients. In addition, if your session runs beyond the allotted time (such as in an emergency situation), your fee will be adjusted accordingly.
- I consent to take part in treatment with this clinician. I understand that it is in my best interest to actively participate in treatment and follow treatment recommendations.
- I understand that there is no guarantee that any particular outcome will result from treatment.
- I understand and give my consent for the Chrysalis Center clinical staff to consult with each other as needed in order to provide me with the most effective, ethical treatment possible. The clinicians and nutritionists actively collaborate and consult about mutual cases, as well as share clinical notes.
- I understand that my therapist may consult and share clinical information with her supervisor and/or clinical board and/or university in order to provide legal and ethical treatment. She may also do so to meet the requirements set forth for licensure or certification. If I am being seen by an intern, I understand that they are not yet licensed and are practicing under the auspices of their graduate program, not Chrysalis Center.
- I understand that all communications with Chrysalis staff, including digital interactions, will be part of my clinical record. Any digital communication will be limited to that which does not compromise the clinical relationship or professional and ethical standards. I will discuss appropriate ways to use digital technology with my clinician. I understand that any communication via social media is prohibited. If I choose to communicate via digital media (cell phones, text, email, etc.), I understand that the confidentiality of these interactions cannot be guaranteed, although any Chrysalis-based digital communications will utilize appropriate security measures.

**I have read and understood this document and will address any concerns or questions with my therapist and/or the office manager. Chrysalis Center reserves the right to change this agreement as necessary and in accordance with all applicable laws. Current copies of this agreement can be requested anytime and are available on our website.**

**Client/Representative Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

I have addressed the client’s/parent’s/guardian’s concerns and/or questions. The client appears fully competent to give informed consent.

**Clinician Signature** \_\_\_\_\_

**Date** \_\_\_\_\_



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**ACKNOWLEDGEMENT OF RECEIPT - NOTICE OF PRIVACY PRACTICES  
& CONSENT TO USE AND DISCLOSE YOUR HEALTH INFORMATION**

This form is an agreement between you, \_\_\_\_\_, and Chrysalis Center. When we use the word “you” below, it can mean you, your child, a relative or other person if you have written his or her name(s) here

\_\_\_\_\_.

When we examine, test, diagnose, treat, or refer you we will be collecting what the law calls Protected Healthcare Information (PHI) about you. We need to use this information to decide what treatment is best for you and to provide any treatment to you. We may also share this information with others who provide treatment to you, with others who need it to arrange payment for your treatment, or with others for other business or government functions. By signing this form you are agreeing to let us use your information and send it to others under the circumstances described in our Notice of Privacy Practices. Please read this Notice before you sign this form; it explains in more detail your rights and how we can use and share your information.

In the future we may change how we use and share your information; therefore our Notice of Privacy Practices may change. If this occurs, you can get an updated copy from our website, [www.chrysaliscenter-nc.com](http://www.chrysaliscenter-nc.com), or by calling us at 910-790-9500. If you have any questions regarding the Notice or your privacy rights, you can also contact Kendra Wilson, LCSW, Privacy Officer, at [kendra@chrysaliscenter-nc.com](mailto:kendra@chrysaliscenter-nc.com) or at the address listed below.

Please note that it is your right to protect your information. If you have concerns about the use or share of your information for treatment, payment, or administrative purposes, please submit a written request to our Privacy Officer at Chrysalis Center about these concerns. (Although we will try to respect your wishes, we are not required to agree to these limitations.) Furthermore, you have a right to revoke this consent after you have signed it (by submitting a letter to the Privacy Officer). Any information used or shared prior to annulment of this consent cannot be changed.

If you are concerned about some of your information, you have the right to ask us to not use or share some of your information for treatment, payment or administrative purposes. You will have to detail what you want in writing. Although we will try to respect your wishes, we are not required to agree to these limitations; more information about these limitations is detailed in the Notice of Privacy Practices. If you object to any of these practices, you may discuss them with our staff and/or provide written documentation of your concerns. After you have signed this consent, you have the right to revoke it (by writing a letter to our Privacy Officer telling us you no longer consent) and we will comply with your wishes as thoroughly as we are able to do so under the law.

I hereby acknowledge that I have received and have been given an opportunity to read a copy of Chrysalis Center’s Notice of Privacy Practices. My signature indicates that I have reviewed this notice, understand its content, and agree to its stipulations.

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

Printed Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Relationship to Client (if guardian or representative): \_\_\_\_\_

*If you are signing as a personal representative of an individual, please describe your legal authority to act for this individual (relationship to the client, power of attorney, healthcare surrogate, etc.).*

I would like to opt out of receiving any fundraising, business or marketing communications from Chrysalis.

**If you do not sign this consent form agreeing to what is in our Notice of Privacy Practices we cannot treat you.**

**Client Refuses to Acknowledge Receipt:**

Signature of authorized representative of this office or practice: \_\_\_\_\_



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**OFFICE PROCEDURES AND FINANCIAL AGREEMENT**

*Please read, initial, complete, and sign below. You may request a copy for your records.*

Chrysalis is a business office where a number of mental health professionals practice. Your contract for services is with our office and applies to any and all providers you may see here.

**APPOINTMENTS:**

All office visits are by appointment and may be scheduled through our administrative staff. Please arrive on time, as you cut down on your appointment time when you arrive late. The usual length of an appointment is 45-50 minutes. If you arrive more than 15 minutes late, you may be asked to reschedule your appointment, which will result in a *late cancellation* charge.

**PAYMENT:**

Payment is required at the time services are rendered, whether you are a self-pay client or have insurance coverage. Acceptable methods of payment include cash, check, VISA or Master Card. *The fee for returned checks is \$35. If a check is returned, you will be asked to arrange another method of payment.*

**All clients are required to place a credit card on file.** Payment is required, whether you are a self-pay client or have insurance coverage. All clients will be asked to put a credit card on file in order to facilitate this process.

Name (as it appears on the card): \_\_\_\_\_

Card Number: \_\_\_\_\_

Phone number of credit card holder: \_\_\_\_\_ Billing Zip code: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ CVV/CVC: \_\_\_\_\_

**LATE CANCELLATIONS/NO SHOWS:** For a missed or late cancelled clinical or nutritional appointment, you will be charged up to \$60 for the appointment. Please note: both clinical and nutritional appointments must be cancelled no less than one business day before the scheduled appointment. Please be advised that reminder calls are a courtesy, and you will be billed for late cancellations and no-shows regardless of whether or not you received the reminder message. Repeated late cancellations and/or no-shows may result in dismissal from treatment, at our discretion.

**INSURANCE:**

As a courtesy to you, we will bill rendered services to your insurance carrier. We do not accept Medicaid. Insurance co-payments, coinsurances, and deductible payments are due at the time of service. However, verification of eligibility and/or benefit information is not a guarantee of payment by your insurer. Your benefits will be determined once a claim is processed by your insurer, which will be based upon your eligibility and the terms of your certificate of coverage applicable on the date services were rendered. In the event of non-payment from your carrier, you are responsible for payment to Chrysalis for services rendered and you will be responsible for handling any disputes with your insurance carrier. *It is your responsibility to be aware of your insurance benefits and needs for pre-authorization. Any services not covered by your insurance are your responsibility.*

Unless otherwise notified, the insurance policy holder will be financially responsible for any balance on the client's account. Please make one of our administrative staff aware if the billing address is different than the home address on file.

Please note: treatment information including diagnosis, type of treatment, costs of service, dates of service, and providers, may be shared with your insurance carrier for reimbursement purposes. Please be aware that any information communicated to your carrier may affect your benefits. If you decide to file through insurance, we reserve the right to share this information with your carrier upon their request.

**OUTSTANDING BALANCE:**

You are responsible for paying any outstanding balances due on your account. Once we receive an Explanation of Benefits from your insurance carrier, your balance may be adjusted based on your carrier’s allowed amount. If an account accrues two or more unpaid sessions, ongoing services may be immediately postponed until full remittance is received. Please be advised that if Chrysalis does not receive payment in full for services rendered, your treatment may be discontinued.

If you are unable to pay your balance in full, a signed *payment plan agreement* will be implemented immediately. Failure to adhere to your payment plan is grounds for discontinuation of services. If you previously discontinued your care or were discharged from treatment, and you desire to resume receiving services at Chrysalis, you will be expected to remit any unpaid balance prior to being seen. Payment plans may be arranged with our administrative staff. Any balance not paid in 90 days will be subject to collections.

**Late Fees:** A late fee of \$25 will be charged to delinquent accounts that are not paid within 90 days of the issue date of the first bill and will also be referred to a third-party collection agency. You will continue to be responsible for all associated collections and fees.

**ADDITIONAL SERVICES:**

In some circumstances, depending on the time involved and nature of task, you may be charged for additional services, such as extended sessions, scoring psychological testing, preparing a psychological report, writing letters of advocacy or documentation on your behalf, extensive clinical coordination, and extended consultations with other providers regarding your treatment. Phone calls that are extended and/or that constitute therapy may require an additional fee. These additional services will be charged up to \$90/hour.

**Testing Fees:** Charges for psychological testing apply to all tests taken and scored. Sometimes, insurance companies do not reimburse for testing. In this event, you will be responsible for uncovered testing costs at our self-pay rate.

**Conjoint Sessions** (with more than one therapist): Conjoint sessions will be billed according to your benefits, which may result in a self-pay rate.

Please note: No provider at Chrysalis will fill out any disability forms (FMLA, short or long term, etc.) for clients who are not already established at Chrysalis (5+ sessions with one provider), and at the clinician’s discretion. We will send records as requested to other providers or agencies with a valid Release of Information on file. If records are sent, there may be a \$25 administrative fee associated with sending the records or filling out any paperwork for a third party.

**Changes to the Policy:** Chrysalis Center reserves the right to change this agreement as necessary and in accordance with all applicable laws. Current copies of this agreement can be requested anytime and are available on our website.

*Please initial at each line and sign below to indicate that you have read, understood, and agree to the above policies. For minors, parent/guardian must sign.*

- \_\_\_\_\_ I have read, understand, and agree to the above policies.
- \_\_\_\_\_ I authorize Chrysalis to release any information acquired in the course of my therapy to my insurance company as needed.
- \_\_\_\_\_ I understand my insurance coverage is a relationship between me and my insurance company and I agree to accept financial responsibility for payment of charges incurred.
- \_\_\_\_\_ I have been offered a copy of these policies to take with me if I desire.
- \_\_\_\_\_ I understand that the credit card on file will be charged for services rendered if I do not make alternative arrangements at time of service
- \_\_\_\_\_ I have discussed these policies and addressed concerns and questions with the administrative staff if needed. Initial and date by administrative staff if questions were addressed: \_\_\_\_\_

\_\_\_\_\_  
Signature of Client

\_\_\_\_\_  
Date

*Please initial at each line and sign below to indicate that you have read, understood, and agree to the above policies. For minors, parent/guardian must sign.*

\_\_\_\_\_  
Signature of parent or Legal Guardian

\_\_\_\_\_  
Date



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*\*Insurance is filed as a courtesy. All unpaid balances will be the responsibility of the client. It is the client's responsibility to notify Chrysalis of any information that has changed.*

*\* Please see reverse side for secondary insurance information and consenting signature.*

**Please Note: Your insurance carrier requires us to gather this information in order to use your benefits, and the following information is not available on your insurance card. You must complete all fields on both pages of this form. If you do not provide us with accurate information, your claims may not be processed appropriately and you will be charged the full rate for services already rendered.**

**\_\_\_\_\_ Please initial if you do not want to use your insurance benefits; you will be charged the self-pay rate for services.**

**INSURANCE INFORMATION**

**Client Information:**

Full Name (Including Middle): \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

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

Social Security Number: \_\_\_\_\_

Relationship to Policy Holder: \_\_\_\_\_

**Primary Insurance Information** (family member whose insurance you are covered by):

Policy Holder's Full Name (Including Middle): \_\_\_\_\_

Policy Holder's Address: \_\_\_\_\_

Policy Holder's Telephone: \_\_\_\_\_

Policy Holder's Birth Date: \_\_\_\_\_

Policy Holder's Social Security Number: \_\_\_\_\_

Employer's Name: \_\_\_\_\_

Insurance Plan Name: \_\_\_\_\_

Subscriber Number or Member ID Number: \_\_\_\_\_

Group Number: \_\_\_\_\_

**Secondary Insurance Information** (If applicable):

Policy Holder's Full Name (Including Middle): \_\_\_\_\_

Policy Holder's Address: \_\_\_\_\_

Policy Holder's Telephone: \_\_\_\_\_

Policy Holder's Birth Date: \_\_\_\_\_

Policy Holder's Social Security Number: \_\_\_\_\_

Employer's Name: \_\_\_\_\_

Insurance Plan Name: \_\_\_\_\_

Subscriber Number or Member ID Number: \_\_\_\_\_

Group Number: \_\_\_\_\_

**I have read and completed the information above and verify that it is correct. I understand that it is my responsibility to update Chrysalis with any change in insurance information.**

\_\_\_\_\_  
Name of Client (printed)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature



# Chrysalis

CENTER FOR COUNSELING AND  
EATING DISORDER TREATMENT

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## CONFIDENTIAL CLIENT INFORMATION

Welcome to Chrysalis Center. Please complete the front and back of each page to help your clinician provide appropriate services. In accordance with our professional codes of ethics and state and federal laws, any information you provide is strictly confidential. ***If you do not complete these forms in their entirety prior to your first appointment, you will not be able to see any provider at Chrysalis Center.***

### Demographic Information:

Name: \_\_\_\_\_ SSN: \_\_\_\_\_ Date: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

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

Which phone is the best way to contact you? \_\_\_\_\_ Is it okay to leave a message? Yes No

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Ethnic Group: \_\_\_\_\_ Religious Preference: \_\_\_\_\_

Relationship Status: \_\_\_\_\_ Single \_\_\_\_\_ Cohabiting \_\_\_\_\_ Married  
\_\_\_\_\_ Separated \_\_\_\_\_ Divorced \_\_\_\_\_ Widowed

Emergency Contact: \_\_\_\_\_ Telephone: (\_\_\_\_\_) \_\_\_\_\_

Parent/Guardian Name (if relevant): \_\_\_\_\_

Address: \_\_\_\_\_ Telephone: (\_\_\_\_\_) \_\_\_\_\_

### Referral/Clinical Information:

How did you find out about our services? \_\_\_\_\_

What type of services are you seeking/expecting? (Please check all that apply to you)

- |  |   |
|--|---|
| <input type="checkbox"/> Individual Counseling     | <input type="checkbox"/> Bariatric Evaluation         |
| <input type="checkbox"/> Group Counseling          | <input type="checkbox"/> Assessment                   |
| <input type="checkbox"/> Couples/Family Counseling | <input type="checkbox"/> Intensive Outpatient Program |
| <input type="checkbox"/> Nutritional Counseling    |   |

### Employment Information:

Are you currently employed? Yes No

If yes, where are you employed? \_\_\_\_\_

What is your job title? \_\_\_\_\_

**Education Information:**

Highest Level of Education Completed: \_\_\_\_\_ Grade School \_\_\_\_\_ High School  
\_\_\_\_\_ College \_\_\_\_\_ Graduate School

Are you currently a student? Yes No

If yes, where? \_\_\_\_\_ Year \_\_\_\_\_ Major \_\_\_\_\_

**Family/Significant Others:**

If anyone in your family has a history of the following, please check all that apply and specify on the chart below: \_\_\_\_\_ Mental Illness \_\_\_\_\_ Substance Abuse \_\_\_\_\_ Eating Disorder \_\_\_\_\_ Obesity \_\_\_\_\_ Dieting

Please provide the following information about your family members (include parents, stepparents, all siblings, spouse/partner, children, etc.) and significant others.

Name	Relationship to You	Age	Job/ Highest Education Completed	Where He/She Lives	Mental/Medical Conditions (mental illness, substance abuse, eating disorder, obesity, dieting)

**Health Information:**

Please list any chronic illnesses, injuries, physical conditions or disabilities: \_\_\_\_\_

\_\_\_\_\_

Allergies/Adverse Reactions to Treatment: \_\_\_\_\_

Primary Care Physician Name: \_\_\_\_\_

Date of Last Physical: \_\_\_\_\_ Telephone: (\_\_\_\_) \_\_\_\_\_

Current Medications, Supplements, Vitamins                      Daily Dose                      Start Date                      Name of Prescriber

Current Medications, Supplements, Vitamins	Daily Dose	Start Date	Name of Prescriber



**Mental Health History:**

Have you received counseling before?      Yes      No

If yes, when, where, and with whom? \_\_\_\_\_

Have you ever experienced any of the following?

- \_\_\_\_\_ A recent and/or important loss (please specify) \_\_\_\_\_
- |                                |                                      |
|--------------------------------|--------------------------------------|
| _____ Physical Abuse           | _____ Verbal/Emotional Abuse         |
| _____ Sexual Abuse/Molestation | _____ Suicidal Thoughts or Feelings  |
| _____ Sexual Assault           | _____ Homicidal Thoughts or Feelings |

Are you having current difficulties with any of the following?

- |   |  |
|---|--|
| _____ Academic Performance                | _____ Loneliness/Social Isolation      |
| _____ Anger Management                    | _____ Peer Relationships               |
| _____ Body Image                          | _____ Phase of Life Issues             |
| _____ Career Planning Issues              | _____ Pregnancy Issues (past, present) |
| _____ Decision Making Issues              | _____ Racial/Cultural Issues           |
| _____ Divorce/Separation Issues           | _____ Romantic Relationships           |
| _____ Family Relationships                | _____ Self-Confidence/Self-Esteem      |
| _____ Financial Problems                  | _____ Sexual Identity Issues           |
| _____ Learning Disabilities               | _____ Spirituality                     |
| _____ Legal Problems                      | _____ Unemployment                     |
| _____ Other stress (please specify) _____ |  |

How well are you getting along psychologically at this time?

- |  |  |
|--|--|
| _____ Very well, the way I want to.        | _____ So-so, can keep going with effort. |
| _____ Quite well, no important complaints. | _____ Quite poorly, can barely manage.   |
| _____ Fairly well, but have ups and downs. | _____ Very poorly, can't manage.         |

*Portions of this form have been adapted from the American Psychological Association Diagnostic and Statistical Manual 5's Cross Cutting Symptoms Measures for Adults and Adolescents and the Boston Interview for Gastric Bypass as appropriate.*

**SYMPTOM CHECKLIST**

**Instructions:** The questions below ask about things that might have bothered you or caused problems. For each question, circle the number that best describes how much (or how often) you have been bothered by each problem during the **past TWO (2) WEEKS**. If the problem has happened in the past, even if it is resolved, please check "In the past."

	During the past <b>TWO (2) WEEKS</b> , how much (or how often) have you been bothered by the following problems?	In the past	None Not at all	Slight Rare, less than a day or two	Mild Several days	Moderate More than half the days	Severe Nearly every day	Highest Domain Score (office use only)
I.	Little interest or pleasure in doing things?		0	1	2	3	4	
	Feeling down, depressed, empty or hopeless?		0	1	2	3	4	
II.	Feeling more irritated, grouchy, or angry than usual?		0	1	2	3	4	
	Feeling more tired than usual for no reason?		0	1	2	3	4	
	How long do these feelings usually last?							
	What is the longest they have ever lasted?							
III.	Sleeping less than usual, but still have a lot of energy?		0	1	2	3	4	
	Starting more projects than usual or doing more risky things than usual?		0	1	2	3	4	
	Feeling unusually high, charged up, excited or restless?		0	1	2	3	4	
	Had other people ever said that you were too high, charged up, excitable, or talkative?		0	1	2	3	4	
	How long have these moods usually last?							
	What is the longest they have lasted?							
IV.	Feeling nervous, anxious, frightened, worried, or on edge for days at a time, even when you didn't have anything special to do?		0	1	2	3	4	
	Feeling panic or being frightened?		0	1	2	3	4	
	Avoiding situations that make you anxious?		0	1	2	3	4	
	Have these feelings ever bothered you on and off for six months or more at a time? If so, how long did they last and when did this occur?							
	Feeling very afraid of certain things like heights, animals, needles, the sight of blood, lightening, etc?		0	1	2	3	4	
	What were you afraid of?							
	Feeling so afraid to leave home by yourself that you wouldn't go out?		0	1	2	3	4	
	Feeling afraid to go to supermarkets, go into tunnels, or use elevators?		0	1	2	3	4	
	Feeling so afraid of embarrassing yourself in public that you would not do certain things like eating in a restaurant, using a public restroom, or speaking out in a room full of people?		0	1	2	3	4	
	Did you see a doctor because of this and if so, what did the doctor tell you about these symptoms?							
	Having a lot of physical problems that have forced you to see different doctors?		0	1	2	3	4	
V.	Unexplained aches and pains (e.g., head, back, joints, abdomen, legs)?		0	1	2	3	4	
	Feeling that your illnesses are not being taken seriously enough?		0	1	2	3	4	
	Doctors having difficulty finding what caused the		0	1	2	3	4	

	problems?							
	Did you start having any of these problems before you were 30 years old? How old were you?							
VI.	Thoughts of actually hurting yourself?		0	1	2	3	4	
VII.	Hearing things other people couldn't hear, such as voices even when no one was around?		0	1	2	3	4	
	Feeling that someone could hear your thoughts or that you could hear what another person was thinking?		0	1	2	3	4	
VIII.	Problems with sleep that affected your sleep quality over all?		0	1	2	3	4	
IX.	Problems with memory (e.g., learning new information) or with location (e.g., finding your way home)?		0	1	2	3	4	
	Having consistently had difficulty focusing and paying attention?		0	1	2	3	4	
	Feeling impatient, restless, and difficulty sitting still?		0	1	2	3	4	
	Others describing you as impulsive and/or hyper (e.g., do you tend to blurt out comments, interrupt others, say or do things you regret later)?		0	1	2	3	4	
X.	Unpleasant thoughts, urges, or images that repeatedly enter your mind?		0	1	2	3	4	
	Feeling driven to perform certain behaviors or mental acts over and over again?		0	1	2	3	4	
	Doing things in an exact way or order even if it didn't make sense?		0	1	2	3	4	
XI.	Feeling detached or distant from yourself, your body, your physical surroundings, or your memories?		0	1	2	3	4	
XII.	Not knowing who you really are or what you want out of life?		0	1	2	3	4	
	Not feeling close to other people or enjoying your relationships with them?		0	1	2	3	4	
	Being very worried or upset about something that happened to you, such as the death of a loved one, losing a job, getting separated or divorced, having a bad accident, getting a serious illness, etc.?		0	1	2	3	4	
	Having more trouble handling these situations than most people would?		0	1	2	3	4	
	Having flashbacks in which you found yourself reliving some terrible experience over and over?		0	1	2	3	4	
XIII.	Drinking at least 4 drinks of any kind of alcohol in a single day?		0	1	2	3	4	
	Smoking any cigarettes, a cigar, or pipe, or using snuff or chewing tobacco?		0	1	2	3	4	
	Using any of the following medicines ON YOUR OWN (without a doctor's prescription), in large amounts, or longer than prescribed [e.g., painkillers (like Vicodin), stimulants (like Ritalin or Adderall), sedatives or tranquilizers (like sleeping pills or Valium), or drugs like marijuana, cocaine or crack, club drugs (like ecstasy), hallucinogens (like LSD), heroin, inhalants or solvents (like glue), or methamphetamine (like speed)]?		0	1	2	3	4	
	Anyone remarking on or expressed concern about your use of alcohol or drugs?		0	1	2	3	4	
	Having drug or alcohol use cause other problems in		0	1	2	3	4	

	your life?							
XIV.	Feeling fat even when other people express concern that you are thin enough or too thin?		0	1	2	3	4	
	Eliminating foods or restricting your overall food intake?		0	1	2	3	4	
	Eating so much you make yourself feel sick?		0	1	2	3	4	
	Eating to comfort, soothe, reward, or punish yourself?		0	1	2	3	4	
	Feeling that your eating was excessive and/or not really normal?		0	1	2	3	4	
	Feeling out of control when eating?		0	1	2	3	4	
	Worrying all the time about food or weight issues?		0	1	2	3	4	
	Feeling depressed, ashamed, or disgusted after eating?		0	1	2	3	4	
	Vomiting, using laxatives or diuretics, or exercising excessively to try to make up for eating too much?		0	1	2	3	4	
	Please fill out the <i>Eating and Body Image Check Sheet</i> form if you have had any of these issues, past or present.							
	Other feelings or symptoms that we have not mentioned? Specify:		0	1	2	3	4	

Have any of these symptoms -- drinking, drug use, moods, anxiety, etc. – ever interfered with school, work, or your job? What concerns, if any, have family and friends expressed? Please explain. \_\_\_\_\_

Have any of these symptoms ever gotten you into trouble with the authorities and/or caused legal problems? If yes, please explain. \_\_\_\_\_

Has your health ever suffered as a result of any of these symptoms? If yes, please explain. \_\_\_\_\_

Have you ever received medication or treatment for any of these symptoms? If yes, please explain. \_\_\_\_\_

Were you ever hospitalized for any of these symptoms? If yes, please explain. Please list any hospitalizations for psychological, psychiatric, or chemical dependency treatment, including location and dates. \_\_\_\_\_

In your own words, please identify the concern(s) that you want to address in counseling. Be as specific as you can. \_\_\_\_\_

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Weight History:**

How tall are you? \_\_\_\_\_ Current Weight \_\_\_\_\_ Desired Weight \_\_\_\_\_

Lowest Weight \_\_\_\_\_ Date/age of this weight \_\_\_\_\_

Highest Weight \_\_\_\_\_ Date/age of this weight \_\_\_\_\_

How often do you weigh yourself? \_\_\_\_\_

When did you first have a problem with weight? (childhood, adolescence, pregnancy, etc.) \_\_\_\_\_

What do you think are the main contributors to your weight? (i.e. genetics, poor food choices, lack of exercise, medications, etc.)? \_\_\_\_\_

How has your weight been affecting you lately? \_\_\_\_\_

**Food History:**

Restrictive Eating/Dieting (please check all that apply)

	Past	Current		Past	Current
skipping meals	_____	_____	fasting	_____	_____
reducing portions	_____	_____	reducing calories	_____	_____
restricting carbs	_____	_____	restricting fats	_____	_____
restricting protein	_____	_____	restricting dairy	_____	_____
chewing & spitting	_____	_____	throwing away food	_____	_____

Diet history (please list):

Name/type of diet plan:	How long did you follow this plan?	How much weight did you lose?

Emotional eating

Do you find that you frequently (more than 2x/week) eat in response to negative emotions? Y N

Do you find that you frequently (more than 2x/week) use food as a coping mechanism? Y N

Do you find that you frequently (more than 2x/week) use food to calm yourself? Y N

Do you feel that eating in response to stress or emotions contributes to your weight or makes it hard for you to lose weight? Y N

Night eating

Do you find that you're not hungry when you wake up in the morning? Y N

Do you think that the majority of your calories are eaten after dinner? Y N

Do you ever wake up in the middle of the night and eat? Y N

If so, what types of foods do you eat? \_\_\_\_\_

Mindless eating

Which of the following do you do more than 2 times per week?

\_\_\_\_\_ eat while driving \_\_\_\_\_ eat in front of the TV

\_\_\_\_\_ eat while at your computer or on your phone \_\_\_\_\_ eat in your bed

\_\_\_\_\_ finish a portion of food and didn't realize you ate it \_\_\_\_\_ eat standing up

**Daily Intake:**

How many meals or snacks do you eat in a typical day? \_\_\_\_\_

Do you tend to eat planned meals and snacks, or do you find that you eat continuously during the day or evening? \_\_\_\_\_

Are your portion sizes typically small, medium, or large? Please give examples. \_\_\_\_\_

Are there specific times/situations you are more likely to eat larger portions? \_\_\_\_\_

How often do you drink caloric beverages like soda, juice, sweet tea, sports drinks, or energy drinks? \_\_\_\_\_

How often do you eat fast food? \_\_\_\_\_ times per week or month (circle which applies)

How often do you eat at restaurants? \_\_\_\_\_ times per week or month (circle which applies)

How often do you eat take-out? \_\_\_\_\_ times per week or month (circle which applies)

How often do you eat dessert? \_\_\_\_\_ times per week or month (circle which applies)

Purging/Weight Control Measures:

<u>Behaviors</u>	<u>Past</u>	<u>Current</u>	<u># of times/pills per day</u>	<u># of days per week</u>
Vomiting	_____	_____	_____	_____
Diet Pills	_____	_____	_____	_____
Laxatives	_____	_____	_____	_____
Diuretics	_____	_____	_____	_____

	<u># of mins per day</u>	<u># of days per week</u>	<u>Type &amp; Duration</u>
Current Exercise	_____	_____	_____
Past Exercise	_____	_____	_____

**BARIATRIC EATING AND BODY IMAGE CHECK SHEET**

**Substance Use:** Which of the following substances do you use? Specify amount and frequency.

	Past	Current	Type, amount & frequency
Alcohol	_____	_____	_____
Drugs	_____	_____	_____
Cigarettes	_____	_____	_____
Caffeine	_____	_____	_____
Soda	_____	_____	_____

**Possible contributors to eating and body image issues (check all that apply):**

- |  |                                     |
|--|-------------------------------------|
| _____ teasing about appearance                       | _____ divorce                       |
| _____ problems at school/work                        | _____ difficulty coping with stress |
| _____ media influences                               | _____ relationship issues           |
| _____ family problems                                | _____ leaving home/separation       |
| _____ puberty  | _____ difficult sexual experience   |
| _____ medical reasons (illness/operation)            | _____ prolonged period of dieting   |
| _____ depression                                     | _____ body image dissatisfaction    |
| _____ death/loss                                     | _____ problems with friends         |
| _____ recommendation of weight loss by: (circle one) |                                     |
| parent   | significant other                   |
| friend   | physician                           |
| _____ other (please explain) _____                   |                                     |

**Physical Symptoms/Medical Conditions:**

Which of the following are you currently experiencing/have you been diagnosed with?

- |                        |                           |                        |
|------------------------|---------------------------|------------------------|
| _____ loss of period   | _____ ulcers              | _____ infertility      |
| _____ irregular period | _____ chest pain          | _____ anemia           |
| _____ nausea           | _____ irregular heartbeat | _____ acid reflux/GERD |
| _____ dizziness        | _____ shortness of breath | _____ diabetes         |
| _____ tingling         | _____ frequent urination  | _____ hypoglycemia     |
| _____ numbness         | _____ dehydration         | _____ hypothyroid      |
| _____ fatigue          | _____ water retention     | _____ high cholesterol |
| _____ trouble sleeping | _____ excessive thirst    | _____ hypertension     |
| _____ gas              | _____ swelling of ankles  | _____ joint pain       |
| _____ cramps           | _____ swelling of hands   | _____ cardiac issues   |
| _____ bloating         | _____ headaches/migraines | _____ sleep apnea      |
| _____ diarrhea         | _____ excessive sweating  | other: _____           |
| _____ constipation     | _____ PCOS                | _____                  |

Last physical exam: when, where, and with whom? \_\_\_\_\_

**Psychological Symptoms:** Which of the following have you experienced?

- |  |   |
|--|---|
| <input type="checkbox"/> irritability                          | <input type="checkbox"/> difficulty making decisions              |
| <input type="checkbox"/> depression                            | <input type="checkbox"/> impaired concentration                   |
| <input type="checkbox"/> mood swings                           | <input type="checkbox"/> memory problems                          |
| <input type="checkbox"/> mania/high mood                       | <input type="checkbox"/> phobias                                  |
| <input type="checkbox"/> guilt                                 | <input type="checkbox"/> panic attacks                            |
| <input type="checkbox"/> worthlessness                         | <input type="checkbox"/> avoidance of social situations           |
| <input type="checkbox"/> hopelessness                          | <input type="checkbox"/> fear of sex                              |
| <input type="checkbox"/> perfectionism                         | <input type="checkbox"/> promiscuous sexual behavior              |
| <input type="checkbox"/> obsessive thoughts                    | <input type="checkbox"/> risky sexual behaviors                   |
| <input type="checkbox"/> following strict routines/rigid rules | <input type="checkbox"/> thoughts of suicide                      |
| <input type="checkbox"/> engaging in rituals                   | <input type="checkbox"/> self-mutilation (cutting, burning, etc.) |

**Weight Loss Surgery Preparation:**

How long have you been thinking about having weight loss surgery? \_\_\_\_\_

Who knows about your decision to pursue weight loss surgery? \_\_\_\_\_

Listed below are a few common reasons people want to have surgery. Please rate how important each one is to your desire to have this surgery? Circle your most important reason.

	Not at all	Slightly	Moderately	Considerably	Extremely	N/A
Increase mobility						
Increase energy						
Resume/adopt new activities						
Improve social life						
Enhance occupational functioning						
Improve health						
Prevent future health problems						
Increase life expectancy						
Decrease pain						
Feel better						
Improve appearance						
Improve self-esteem						
Improve sex life						
Improve relationship w/ significant other						
Practical reasons/Quality of life						
Other (describe):						

Other questions or concerns that have not been specifically addressed: \_\_\_\_\_



## **Yale Food Addiction Scale**

Gearhardt, Corbin, Brownell, 2009

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_ Sex: M F Contact: ashley.gearhardt@yale.edu

This survey asks about your eating habits in the past year. People sometimes have difficulty controlling their intake of certain foods such as:

- Sweets like ice cream, chocolate, doughnuts, cookies, cake, candy, ice cream
- Starches like white bread, rolls, pasta, and rice
- Salty snacks like chips, pretzels, and crackers
- Fatty foods like steak, bacon, hamburgers, cheeseburgers, pizza, and French fries
- Sugary drinks like soda pop

When the following questions ask about "CERTAIN FOODS" please think of ANY food similar to those listed in the food group or ANY OTHER foods you have had a problem with in the past year.

IN THE PAST 12 MONTHS:	Never	Once a month	2-4 times a month	2-3 times a week	4 or more times a week or daily
1. I find that when I start eating certain foods, I end up eating much more than planned	0	1	2	3	4
2. I find myself continuing to consume certain foods even though I am no longer hungry	0	1	2	3	4
3. I eat to the point where I feel physically ill	0	1	2	3	4
4. Not eating certain types of food or cutting down on certain types of food is something I worry about	0	1	2	3	4
5. I spend a lot of time feeling sluggish or fatigued from overeating	0	1	2	3	4
6. I find myself constantly eating certain foods throughout the day	0	1	2	3	4
7. I find that when certain foods are not available, I will go out of my way to obtain them. For example, I will drive to the store to purchase certain foods even though I have other options available to me at home.	0	1	2	3	4
8. There have been times when I consumed certain foods so often or in such large quantities that I started to eat food instead of working, spending time with my family or friends, or engaging in other important activities or recreational activities I enjoy.	0	1	2	3	4
9. There have been times when I consumed certain foods so often or in such large quantities that I spent time dealing with negative feelings from overeating instead of working, spending time with my family or friends, or engaging in other important activities or recreational activities I enjoy.	0	1	2	3	4
10. There have been times when I avoided professional or social situations where certain foods were available, because I was afraid I would overeat.	0	1	2	3	4
11. There have been times when I avoided professional or social situations because I was not able to consume certain foods there.	0	1	2	3	4
12. I have had withdrawal symptoms such as agitation, anxiety, or other physical symptoms when I cut down or stopped eating certain foods. (Please do NOT include withdrawal symptoms caused by cutting down on caffeinated beverages such as soda pop, coffee, tea, energy drinks, etc.)	0	1	2	3	4
13. I have consumed certain foods to prevent feelings of anxiety, agitation, or other physical symptoms that were developing. (Please do NOT include consumption of caffeinated beverages such as soda pop, coffee, tea, energy drinks, etc.)	0	1	2	3	4
14. I have found that I have elevated desire for or urges to consume certain foods when I cut down or stop eating them.	0	1	2	3	4
15. My behavior with respect to food and eating causes significant distress.	0	1	2	3	4
16. I experience significant problems in my ability to function effectively (daily routine, job/school, social activities, family activities, health difficulties) because of food and eating.	0	1	2	3	4

# Yale Food Addiction Scale

Gearhardt, Corbin, Brownell, 2009  
 Contact: ashley.gearhardt@yale.edu

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_ Sex: M F

IN THE PAST 12 MONTHS:	NO	YES
17. My food consumption has caused significant psychological problems such as depression, anxiety, self-loathing, or guilt.	0	1
18. My food consumption has caused significant physical problems or made a physical problem worse.	0	1
19. I kept consuming the same types of food or the same amount of food even though I was having emotional and/or physical problems.	0	1
20. Over time, I have found that I need to eat more and more to get the feeling I want, such as reduced negative emotions or increased pleasure.	0	1
21. I have found that eating the same amount of food does not reduce my negative emotions or increase pleasurable feelings the way it used to.	0	1
22. I want to cut down or stop eating certain kinds of food.	0	1
23. I have tried to cut down or stop eating certain kinds of food.	0	1
24. I have been successful at cutting down or not eating these kinds of foods	0	1

25. How many times in the past year did you try to cut down or stop eating certain foods altogether?	1 time	2 times	3 times	4 times	5 or more times
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26. Please circle ALL of the following foods you have problems with:

Ice cream	Chocolate	Apples	Doughnuts	Broccoli	Cookies	Cake	Candy
White Bread	Rolls	Lettuce	Pasta	Strawberries	Rice	Crackers	Chips
Pretzels	French Fries	Carrots	Steak	Bananas	Bacon	Hamburgers	Cheeseburgers
Pizza	Soda Pop	None of the above					

27. Please list any other foods that you have problems with that were not previously listed:

3240 Burnt Mill Drive ▪ Suite 1 ▪ Wilmington, NC 28403 ▪ Tel: 910-790-9500 ▪ Fax: 910-796-8111

### CONSENT TO TESTING & CONTRACT FOR BARIATRIC SURGERY EVALUATION

- I am aware that a pre-operative psychological evaluation is required. This evaluation will consist of extended clinical interviews and psychological assessment. Due to the extensive nature of the evaluation, 2 or more office visits may be required to complete the process.
- I consent to take part in testing for the purpose of accurate diagnosis and treatment planning. I understand that it is in my best interest to actively participate in testing and to follow the treatment recommendations that result.
- I understand that it is extremely important that I am completely honest with my evaluator so that she can make an informed decision and provide me with the optimal level of care as I go through this process. I understand that my evaluator wants to ensure my success with surgery.  
**I agree to read each test item carefully and answer honestly. Try to avoid over-thinking items, as it is best to go with your initial response to each question. Honesty is of utmost importance, as some forms of testing can detect dishonest and/or defensive responding. It is possible that your test results will not be able to be used if you attempt to portray yourself in an overly positive way. Realize that it is normal and expected for people to report problems. If your test results are found to be invalid, that may interfere with our ability to make a decision regarding appropriate treatment or, if applicable, to make recommendations for surgery.**
- I understand that I have the right to refuse or discontinue testing at any time. However, doing so could impede effective diagnosis and treatment planning.
- I understand that my psychological evaluation report will be released to my doctor and to my insurance company for further review, and that they will ultimately determine whether or not I am approved for surgery.
- I understand that my clinician and surgeon will be sharing treatment recommendations. I am aware that the result of this evaluation is a recommendation regarding my appropriateness for surgery and the level of support I may need in order to optimize my success with the surgery.
- I understand that neither raw test data nor the psychological report will be released directly to me. I am aware that if I desire feedback or an interpretation of my testing, I will need to schedule an additional session with the clinician who performed the evaluation.
- I understand that there is no guarantee that any particular outcome will result from testing.
- I understand that there is a fee for comprehensive testing and evaluation and that I am responsible for the cost for the evaluation. The evaluation includes a clinical interview, psychological testing, interpretation of the test, collaboration with other providers, and preparation of the psychological report. The cost of the clinical interviews will be determined when scheduling an initial appointment, based on insurance coverage. I understand that there is an administrative fee of \$150 for the services explained above. I understand that my insurance company will not be billed for this service as psychological testing because the medically-necessary components of this service extend beyond the definition of those allowable codes. I understand that payment in full is expected at the time of the initial appointment. If full payment is not received, the psychological report will not be submitted to the surgeon until payment is remitted.
- I am aware that ongoing group counseling, nutritional counseling, and therapy are available to me following my surgery for additional support. The cost for is determined by your insurance coverage.
- I understand that raw test data may be used in outcomes research by Chrysalis Center and that I have the right to refuse to participate in such research. No identifiable data will be used in any of our research.**
- Check if you refuse to participate in this research, knowing this will not affect outcomes in any way.**

If you have any questions or concerns, please address them with your evaluator and/or the office manager before signing this. **My signature indicates that I understand and agree to all of the above.**

Client/Representative Signature: \_\_\_\_\_ Date \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

I have addressed the client's/parent's/guardian's concerns and/or questions. The client appears fully competent to give informed consent.

Staff Signature \_\_\_\_\_ Date \_\_\_\_\_