

A Better Way Counseling Center

(503) 226-9061

Group Psychotherapy Questionnaire

1. Have you ever participated in a psychotherapy group? ____yes ____ no
If no please go to question 4.

2. If so, please rate your general experience of the group:

Not Helpful 1 2 3 4 5 Very Helpful

a. Specify Positive Experience _____

b. Specific Negative Experience _____

3. The group structure was: (Check one)
____ professionally led ____ self help

If self help, circle one or more of the following:

OA, AA, NA, SA, Rational Recovery, Other _____

If professionally led, please state whether the groups had a specific focus and what that focus was, such as sexual abuse, eating disorders, children of alcoholics, etc. _____

4. Rate yourself on the following scales:

I am a person who:

Likes to Listen 1 2 3 4 5 Likes to talk

In my family, work, etc. I am usually the one who is expected to:

Take care of myself 1 2 3 4 5 Take care of others

In my family of origin I generally:

Never asked for anything 1 2 3 4 5 I asked for everything I needed

In my family I generally:

Got everything I asked for 1 2 3 4 5 Never got anything I asked for

5. I am the _____ in a birth order of _____ siblings.

6. I left home at the age of _____.

7. Please rate your general interest in group therapy.

Not Interested 1 2 3 4 5 Very Strong