

A Better Way Counseling Center

(503) 226-9061

Group Psychotherapy Information Packet

The following materials are pertinent to potential placement in a therapy group. Please read the materials and answer the questions. If you are not here specifically to interview for placement in a group, it may be a setting that would benefit you in the future. The documents here are for our records and will be useful should you elect to enter a group in the future. If you have questions about the materials or feel uncomfortable with the questions, feel free to skip those parts and make note of the missed areas.

Thank you.