

A Better Way Counseling Center
818 NW 17th Avenue
Portland, Oregon 97209
(503) 226-9061

Instructions for filling out Intake Forms

We have provided these forms on our website so you can print them and fill them out at home and bring them to your first counseling session or evaluation. Your counselor will have told you which forms to download and complete. You will need Adobe Acrobat Reader to print these forms. You can download and install this free program by searching for it on any search engine.

You will probably be asked to fill out all of the forms in the section entitled, “General Intake Forms.” If your child is coming for counseling, you also will be asked to fill out the “Family Intake Form.” If you have an eating disorder, please see the “InstructionsForEatingDisorderForms.”

Please use a pen (not pencil) to fill out all of the forms. They take about one hour to complete.

The questions you will find on these forms are helpful in your treatment. The more we understand about your history and your personal situation, the more we will be able to help you. However, if you find some of them too uncomfortable, feel free not to answer them.

These forms take time and effort on your part. Completing them outside of your appointment time will enable you to talk about your more immediate concerns during your appointment.