

A Better Way Counseling Center
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Instructions for filling out Eating Disorder Forms

Please download, print and read the “IntakeFormsIntro” (Instructions for Filling Out Intake Forms), before reading these instructions. 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.

Filling out these eating disorder forms help us to understand as much as possible about your eating disorder so we can develop a more successful treatment plan for you.

In the Eating Disorder Intake portion of the Download section you will find three forms. Download and fill these out to bring with you to your evaluation or first counseling session.

In the Medical Forms portion of the Download section you will find two forms. The first is entitled “Initial Exam.” Print out this form and bring it to your doctor when you go in for your exam for your eating disorder. Ask your doctor to fill out the form and either mail it to A Better Way Counseling Center, or get it back from him or her and bring it with you to your next appointment with us. The medical form entitled “Ongoing Exam” you will need to bring with you for each appointment you have with your doctor after your initial exam. Have him or her fill it out and mail it back to us after each visit.

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