



Name: _____ Session # _____ Date _____

Session Rating Scale

Please rate today's session by placing a mark on the line nearest to the description that best fits your experience

Relationship

I did not feel heard understood and respected.

I felt heard understood and respected.

Goals and Topics

We did *not* work on or talk about what I wanted to work on and talk about.

We worked on and talked about what I wanted to work on and talk about.

Approach or Method

The therapist's approach is not a good fit for me.

The therapist's approach is a good fit for me.

Overall

There was some thing missing in the session today.

Overall, today's session was right for me.

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