

Survey

Date: _____

Please rate the following on a scale from 1-10.

Relationship _____

1=I did not feel heard, understood, and respected

10=I felt heard, understood and respected

Goals and Topics _____

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

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

Approach or Method _____

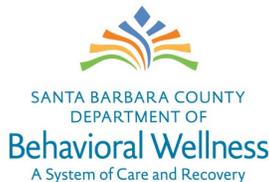
1=The therapist's approach is not a good fit for me.

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

Overall _____

1=There was something missing in the session today.

10=Overall, today's session was right for me.



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