

Therapy evaluation

Date: _____

Please read carefully: I entered into this therapy relationship with you in order to help you **enhance the quality of your life**. As the psychotherapist accompanying you for a phase of your life I am rather like a **consultant architect**. Someone helping you to assess how your home could benefit from some reconstruction work and then advising you as to which methods and materials you could use. Let's assume the consultant architect can see little of the building with his own eyes. He knows nothing about previous reconstruction work or about any storm or water damage your home may have been exposed to. He is therefore reliant on your information in order to provide the kind of advice that can make your reconstruction work a valuable and sensible investment.

I would therefore greatly appreciate your honest and detailed input through answering the following questions. Please remember that we are most likely to benefit from your comments when they are **open and unfiltered** by the conventional social niceties that involve keeping back anything that might be taken as criticism. My goal is to be in **close contact with your needs and feelings in order to help you reach your life-improving goals**. I would therefore greatly appreciate reading about anything in our way of approaching your issues so far, which has appeared unhelpful or has made you uncertain, confused, irritated etc. I also, of course, benefit from hearing what has been helpful in our work together.

Progress on Goals

Let's start by thinking back to the goals you/we identified at the beginning of the therapy, when you developed a future vision of yourself, who had already benefitted from your life-enhancing projects.

- Can you first of all write the goals down under "Formulation of Goal".
- Can you then add how content you are with the developments in these areas of your life (0 = *I am not at all happy*; 10 = *extremely happy. I could not imagine being any happier!*)?
- You can use the next column (Details) to add anything that can help explain your level of satisfaction.

	Formulation of Goal	Satisfaction with development (0-10)	Details
1			
2			
3			
4			
5			

Spill-over Effects

Therapy often has various spill-over effects into other areas of your life, which it is worth considering. In the next table, various areas of your life are listed. Can you look at them and write down any developments that you are aware of? Then can you again indicate your level of satisfaction (0-10) with these changes?

Areas of your life	Changes Observed	Satisfaction with development (0-10)
Family Life		
Partnership/ Marriage		
Profession/ Studies		
Getting daily tasks done		
Friendships		
Use of free time		
Other		

Your Use of Self-help

The therapy sessions are just one part of your therapy. Please can you indicate in the following list with a tick or cross which methods you are currently already aware of using on your own in order to benefit from the ideas we generate together in the sessions.

- Journaling or diary writing
- Repeating exercises developed in sessions
- Reading literature suggested by therapist
- Reading literature I found myself
- Going through notes made during or after sessions
- Listening to recordings
- Discussing therapy issues with partner/friend/parent/other professional
- Regular self-reflection
- Self-observation
- Any other method: _____

Would you like your therapist to give you more ideas about tasks you could take on between sessions?

- YES
- NO

Risk-Taking

People tend to benefit more from therapy when they “take risks” in the therapy sessions (or when filling out forms like this one!). With this I mean when they face some kind of challenge, by making the conversation at least a little uncomfortable for themselves perhaps by talking about things they are afraid of or feel somewhat embarrassed about or give the therapist some feedback about something that makes them feel uncertain in the relationship.

To what extent have you felt in the therapy up to now that you have been taking risks (0= “I take no risks, I feel comfortable all the time”; 10= “Any higher risk-taking would be impossible! I am really uncomfortable all the time!”).

Feel free to write any details here about how you think on this matter:

Our working alliance

What is our working relationship like for you? Do you feel heard properly? Do you feel respected? Do you think I understand you? Do you feel able to be fully honest with me? Do you get enough feedback from me?

Satisfaction With The Therapy

Can you indicate your level of agreement with the following more global statements about the therapy? Please feel free to add any details that help explain more.

	Your agreement (0-10)	Details
In comparison to the start of therapy I am now less burdened by my problems.		

The insights in the therapy up until now have helped me to understand my problems better.		
The therapy exercises and tasks up until now have helped me to deal better with my problems.		
I am happy with the way the therapy has been going up until now.		
I am happy with my own contributions during the therapy up until now.		
As I look back upon the therapy so far, I think that this type of therapy is promising for treating my problems.		
In the near future I think I will be able to continue without therapy.		
I am able to use many of the skills and insights from the therapy on my own now.		
I am happy with my therapist's contributions during the therapy up until now.		

Would you recommend this type of therapy to someone with similar issues to your own? Please justify your answer in a few sentences.

Further Goals

What are your wishes for the next stage of therapy?

How long did it take you to fill in this form? _____

inspired partly by: G. Zarbock, 2007