



Therapy Help

65 Chulia Street Level 46 OCBC Centre Singapore 049513

Review Your Therapy Sessions

Every therapy session is a collaborative effort between the client and the therapist. Reflecting on and reviewing your therapy sessions help to fine-tune the therapeutic process to address your well-being and your mental health matters more effectively.

Relationship

I did not feel heard, understood, and respected.

I-----I

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.

I-----I

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.

I-----I

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

Overall

There was something missing in the session today.

I-----I

Overall, today's session was right for me.

Share your feedback:

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