

Session Evaluation Survey

Thinking about your session today, please write a response to each of the following questions. Use the back if needed.

1. On a scale of 1 – 10 how helpful was this session for you? (*Circle a number*)

Not Helpful										Very Helpful
1	2	3	4	5	6	7	8	9	10	

2. Please explain your rating. That is, what specifically made the session helpful for you?

Is there anything that might have made the session more helpful than it was?

3. What is your goal you plan to work on between now and next session?

Please write down two specific action steps you will take—something you will do or think about in the coming week—to help you accomplish your goal. At least one should be something that you can do every day.

i. _____

ii. _____

4. On a scale of 1–30, please circle the number that indicates how far you feel you have come, as of today, in resolving the main issues that first brought you to therapy (i.e. depressed mood, managing stress, marital distress, family conflict, etc.).

1=Problem worse than ever	30=Problem resolved
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	

On this scale, a “1” means the issues are worse than ever and cause you a great deal of distress whereas a “30” means the issues are fully resolved or no longer seem like problems. Also, if you are coming as an individual, answer according to how you are doing as an individual. If you are in couples counselling, answer according to how you are doing as a couple. Likewise if you are coming as a family.

When was the last time you felt like you were at a “1”? _____