



The Ladder Group
 We rise by lifting others.
 Robert G. Ingersoll (1833-1899)

www.theladdergroup.net

Final Evaluation of Therapy

This will give you a chance to identify what you liked most and least about the support you've had, help you review what you've learned, and help us improve our support to you and others in future.

	Goal	Score this area of your life. 10 = lots, 1 = none
What were your goals when you came to therapy? If there's space please feel free to say why.	1	
	2	
	3	
How much progress do you feel you made towards these goals. If there's space please feel free to say why.	1	
	2	
	3	
How does your life compare now to the beginning of therapy for these goals. If there's space please feel free to say why.	1	
	2	
	3	
What did you like least about your therapy		
Did you have any problems you felt unable to discuss in your therapy		
Were there any issues or feeling you felt your therapist didn't understand?		

Was there anything your therapist did or said that you did feel at ease with?					
What did you like least about your therapist.					
What was the most useful and helpful part of your therapy.					
What did you like best about your therapist.					
Were you satisfied with your therapists warmth and genuineness.					
Please score the following	Not at all	Some times	Often	A lot	Any comment
The therapy was helpful to me					
I was able to talk about my problems and get some off my chest.					
My therapy helped me understand myself					
The therapy helped me change some of my negative thoughts and attitudes.					
I learned to communicate more effectively and develop my understanding of my relationships.					
I have learned things that have helped me focus and function better in my daily life.					
I've learned to see and solve problems in a different way.					
The support provided by my counsellor has been useful.					
Client name	Signature			Date	
Therapist name	Signature			Date	
Is there any final thing you would like us to say to your therapist for you.					