



The Ladder Group
 We rise by lifting others.
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www.theladdergroup.net

Therapy Session Evaluation

This will give you a chance to identify what you liked most and least about the support you've had and help you review what you've learned in your sessions and make plans for any future support.

Instructions: Use checks (✓) to indicate how you felt about your most recent therapy session.
Please answer all the items.

0- Not at all	1-Somewhat true	2-Moderately true	3- Very true	4-Completely true
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Therapeutic empathy

1. The therapist seemed warm, supportive and concerned.				
2. The therapist seemed trustworthy.				
3. The therapist treated me with respect.				
4. The therapist did a good job of listening.				
5. The therapist understood how I felt inside.				
				Total

Helpfulness of the session

6. I was able to express my feelings during the session.				
7. I talked about the problems that were bothering me.				
8. The techniques we used were helpful.				
9. The approach my therapist used made sense.				
10. I learned some new ways to deal with my problems.				
				Total

Satisfaction with today's session

11. I believe the session was helpful to me.				
12. Overall, I was satisfied with today's session.				
				Total

Your commitment

13. I plan to do therapy homework before the next session.				
14. I intend to use what I learned in today's session.				
				Total

Negative feelings during the session

15. At times, my therapist didn't seem to understand how I felt.				
16. At times, I felt uncomfortable during the session.				
17. I didn't always agree with my therapist.				
				Total

Difficulties with the questions

18. It was hard to answer some of these questions honestly.				
19. Sometimes my answers didn't show how I really felt inside.				
20. It would be too upsetting for me to criticize my therapist.				
				Total