

Evaluation of Therapy Session*

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

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

Therapeutic Empathy

1.	My therapist seemed warm, supportive, and concerned.				✓	
2.	My therapist seemed trustworthy.					✓
3.	My therapist treated me with respect.					✓
4.	My therapist did a good job of listening.					✓
5.	My therapist understood how I felt inside.				✓	
Total →						18

Helpfulness of the Session

1.	I was able to express my feelings during the session.			✓		
2.	I talked about the problems that are bothering me.			✓		
3.	The techniques we used were helpful.				✓	
4.	The approach my therapist used made sense.				✓	
5.	I learned some new ways to deal with my problems.				✓	
Total →						13

Satisfaction with Today's Session

1.	I believe the session was helpful to me.				✓	
2.	Overall, I was satisfied with today's session.				✓	
Total →						6

Your Commitment

1.	I plan to do therapy homework before the next session.				✓	
2.	I intend to use what I learned in today's session.				✓	
Total →						5

Negative Feelings During the Session

1.	At times, my therapist didn't seem to understand how I felt.		✓			
2.	At times, I felt uncomfortable during the session.		✓			
3.	I didn't always agree with my therapist.		✓			
Total →						3

Difficulties with the Questions

1.	It was hard to answer some of these questions honestly.		✓			
2.	Sometimes my answers didn't show how I really felt inside.		✓			
3.	It would be too upsetting for me to criticize my therapist.			✓		
Total →						4

What did you like **the least** about the session? _____

What did you like **the most** about the session? _____

* Copyright © 2001 by David D. Burns, M.D. Revised, 2004. Reproduction or download is strictly prohibited. If you'd like to use this form in your clinical work, email david@feelinggood.com for an order form for the *Therapist's Toolkit*. Thanks!