
SESSION RATING FORM, CONTINUED**6. Agreement on Tasks**

I approved of the things we did in the session or what I was asked to do for homework.

4

3

2

1

0

I didn't like what we did in today's session or what I was asked to do for homework.

7. Smoothness of the Session

The session was smooth; I felt comfortable.

4

3

2

1

0

The session was rough; I felt uncomfortable.

8. Depth of the Session

The session was deep. We got to the heart of things.

4

3

2

1

0

The session was shallow. We stayed on the surface.

9. Helpfulness, Usefulness

I found the session helpful.

4

3

2

1

0

The session was not helpful.

10. Hope

I felt hopeful after the session.

4

3

2

1

0

I felt hopeless after the session.

What could help the next session go better?

Copyright 1994 by Lynn D. Johnson
This form may be duplicated if the copyright notice is included.

ADDITIONAL OPTION FOR TRACKING CLIENT PROGRESS: You may also consider the Outcome Rating Scale and Session Rating Scale from www.talkingcure.com. The ORS asks the client to rate their overall progress in life over the past week (or so), and the SRS is given to the client at the end of each session in order to assess the client's rating of the current session. To use either form, students need to register at the talkingcure website, as per its author, Dr. Scott Miller.