

Session Rating Scale (SRS V.3.0)



Name _____ Session # _____ Date: _____

Please rate today's session by placing a hash mark on the line nearest to the description that best fits your experience.

Relationship

I did not feel heard, understood, and respected.

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I felt heard, understood, and respected.

Goals and Topics

We did not work on or talk about what I wanted to work on and talk about.

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We worked on and talked about what I wanted to work on and talk about.

Approach or Method

The therapist's approach is not a good fit for me.

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The therapist's approach is a good fit for me.

Overall

There was something missing in the session today.

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Overall, today's session was right for me.

Institute for the Study of Therapeutic Change
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