

Therapy Review: An Outline Summary

- How are you feeling now by comparison to when we started?
- Thinking about the initial goals we set, what are your thoughts about them currently?
- How relevant are they for you at this stage in your life?
- What things do you think have changed positively for you?
- What things do you think you continue to struggle with?
- Are you able to say all the things you need to say here?
- What about what happens between us during sessions – how we talk to each other, how we cope with disagreements, whether you feel listened to?
- What do you think are the most helpful things about our counselling or psychotherapy?
- What do you think are the least helpful things about our counselling or psychotherapy?
- If we were to arrange more sessions, how would we best use them?
- Has a point come for you where taking a break, or ending counselling or psychotherapy, would be helpful?