

Session Rating Scale (SRS V.3.0)

Name _____ Age (Yrs): _____

Session # _____ Date: _____

ID # _____ Sex: M / F

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

Relationship

I did not feel heard,
understood, and
respected.



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.



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

Approach or Method

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



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

Overall

There was something
missing in the session
today.



Overall, today's
session was right for
me

Developer Reference:

Institute for the Study of Therapeutic Change. www.talkingcure.com
2002, Scott D. Miller, Barry L. Duncan & Lynn Johnson