

Session Rating Scale

Your Name: _____ (optional) Sex: M F Age: 0-19 20-29 30-39 40-49 50-59 60+

Date: _____ Number of sessions: 1 2-3 4-10 10+ Counsellor's Name: _____

Counselling is a cooperative relationship. Please rate today's session. Be honest and frank, to be the most helpful to your counsellor. Read each set of descriptions. Circle the number that best describes your reaction from 1 to 5. Use the rating system below:

1	2	3	4	5
Agree with this side		Neutral		Agree with this side

1. ACCEPTANCE

I felt criticized or judged.

1

2

3

4

5

I feel accepted.

2. LIKING, POSITIVE REGARD

The counsellor pretended to like me or seemed to not like me.

1

2

3

4

5

My counsellor liked me.

3. UNDERSTANDING

My counsellor didn't understand me or my feelings.

1

2

3

4

5

My counsellor understood me and my feelings.

4. HONESTY AND SINCERITY

My counsellor was not sincere, was pretending.

1

2

3

4

5

My counsellor was honest and sincere.

5. AGREEMENT ON GOALS

We worked on my counsellor's goals; my goals didn't seem important.

1

2

3

4

5

We worked on my goals; my goals were important.

6. AGREEMENT ON TASKS

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

1

2

3

4

5

I approved of the things we did in the session and/or what I was asked to do as a homework assignment.

7. SMOOTHNESS OF THE SESSION

The session was rough; I felt uncomfortable.

1

2

3

4

5

The session was smooth; I felt comfortable.

8. DEPTH OF THE SESSION

The session was shallow; we stayed on the surface.

1

2

3

4

5

The session was deep; we got to the heart of things.

9. HELPFULNESS, USEFULNESS

The session was not helpful.

1

2

3

4

5

I found the session helpful.

10. HOPE

I felt hopeless after the session.

1

2

3

4

5

I felt hopeful after the session.

One more thing: What would help the next session go better? (Continue on back if necessary)