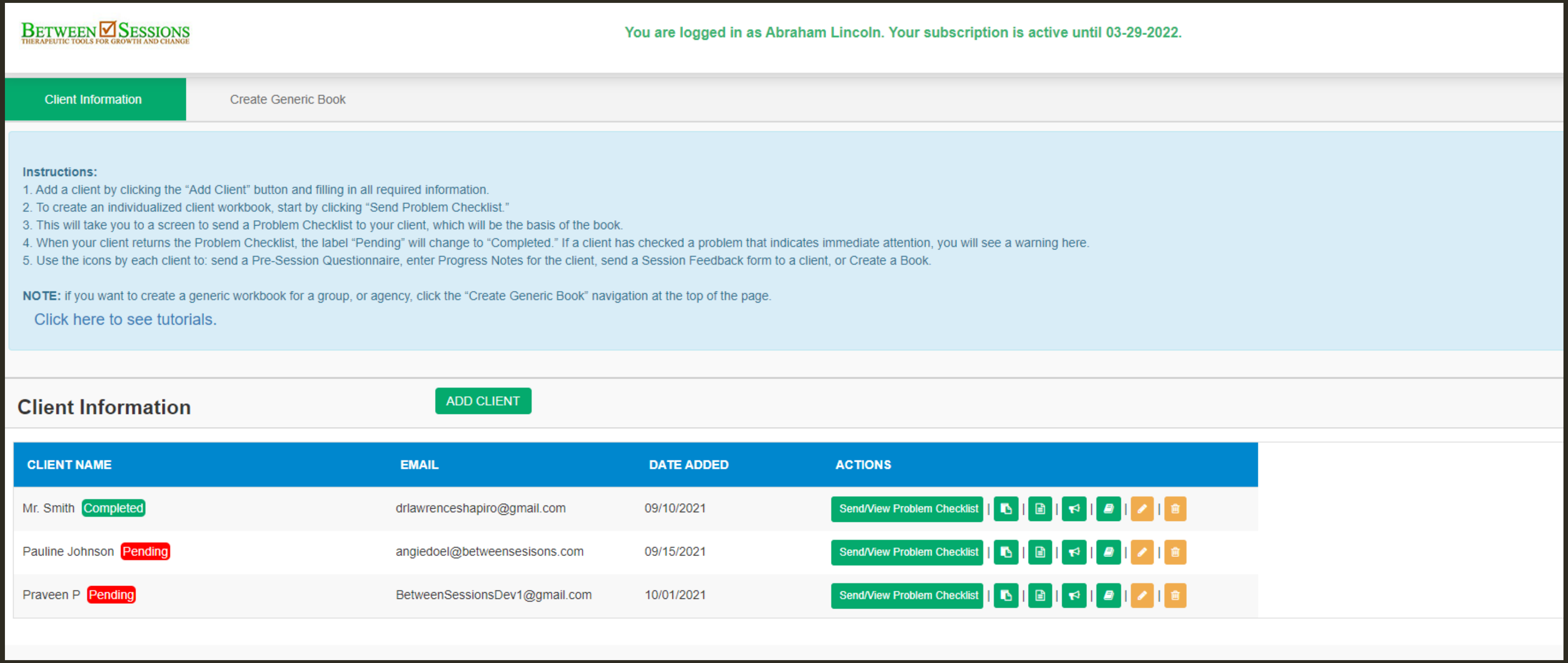
Enhancing Your Practice with the Client Progress Accelerator

www.BetweenSessions.com

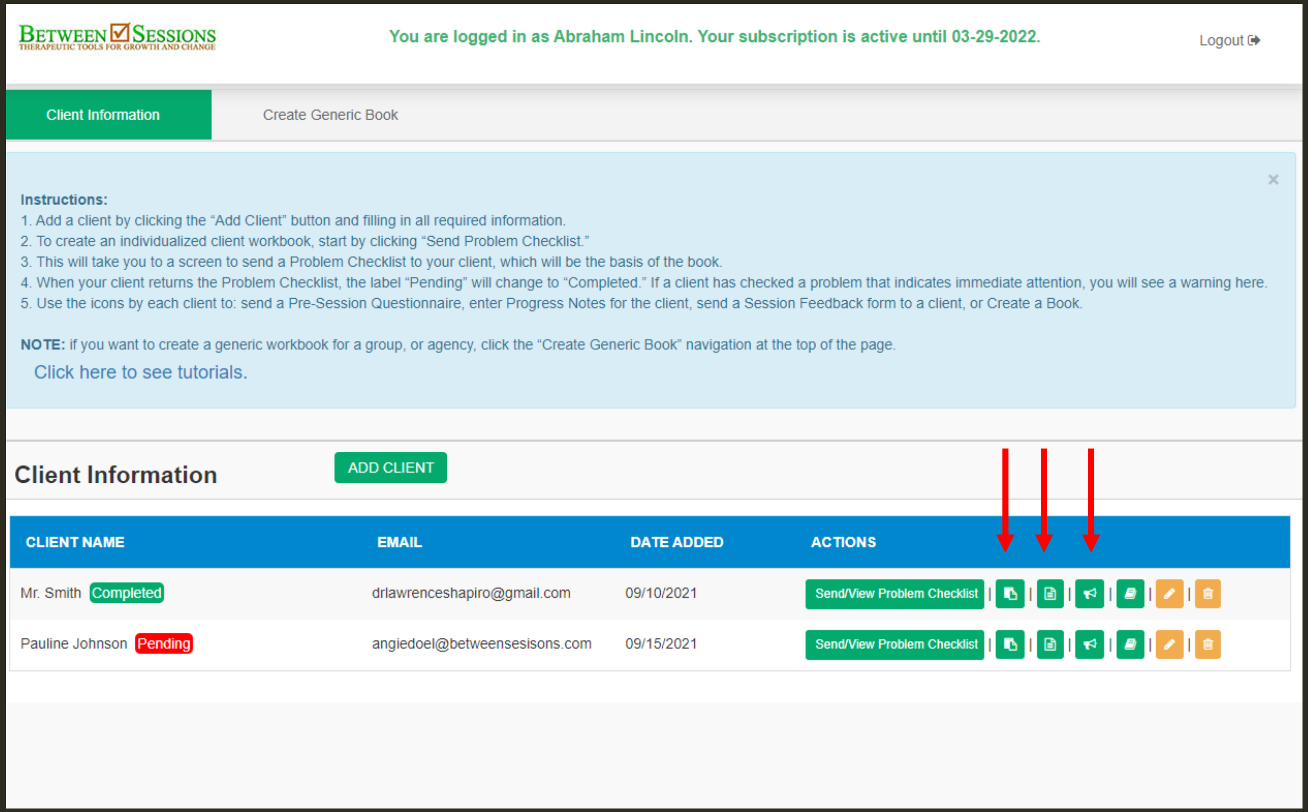
There are three powerful (yet simple) ways to accelerate client progress.

1. Sending a client a Feedback Form.
2. Sending a client a measure of Self-Efficacy.
3. Recording behavioral progress.

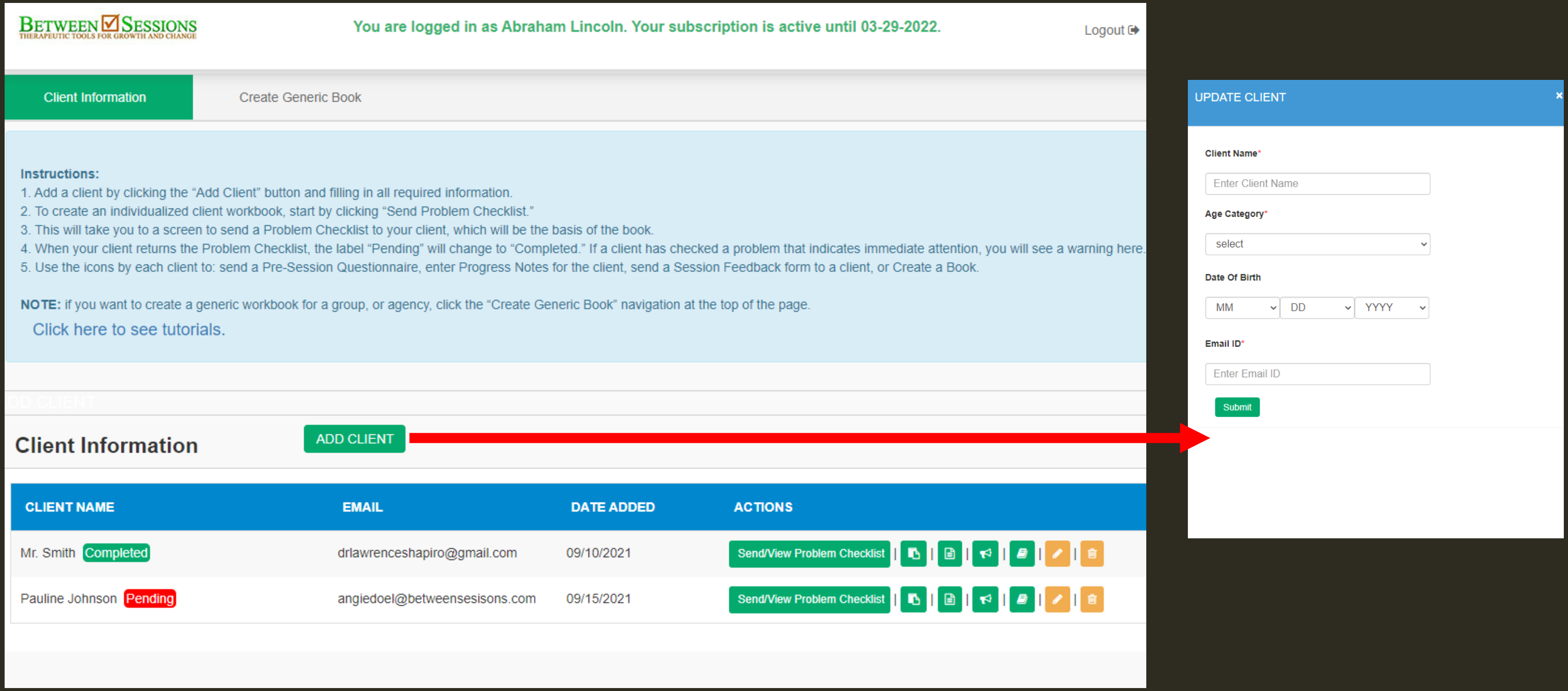
When you log in, you'll see a list of your clients. Of course, you can easily add clients from the Add Client button.



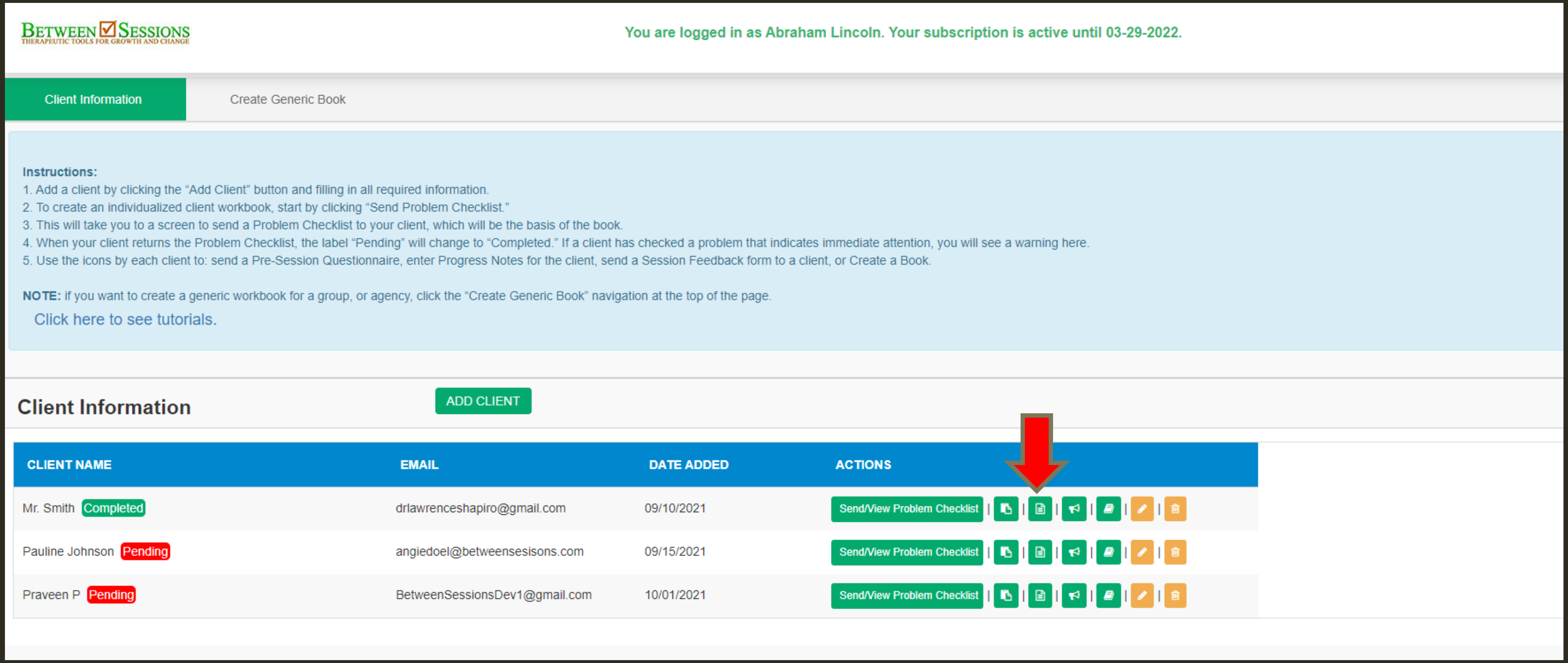
By each client, there are three icons that correspond to the CPA tools. Hover your mouse over the icons to identify them.



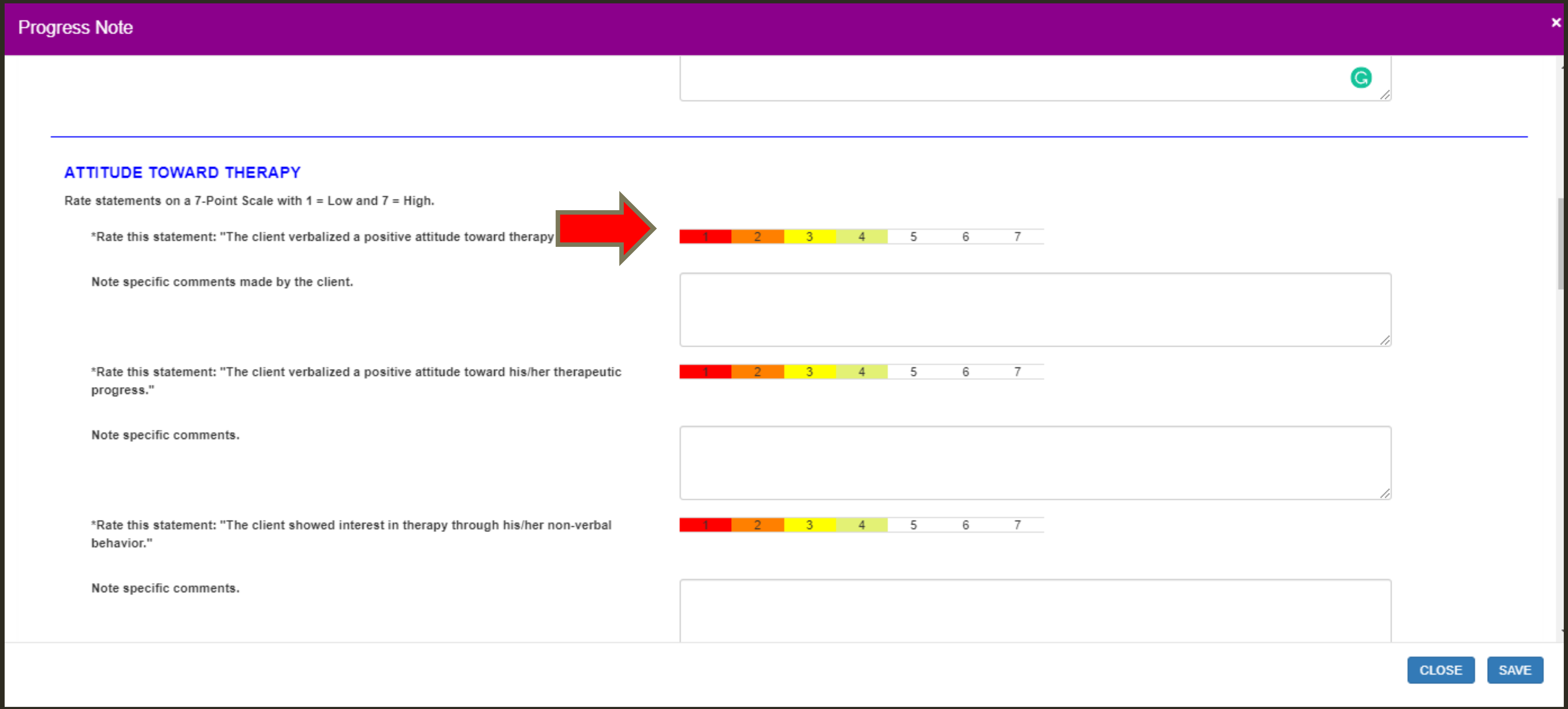
Click Add Client to create a new client profile.



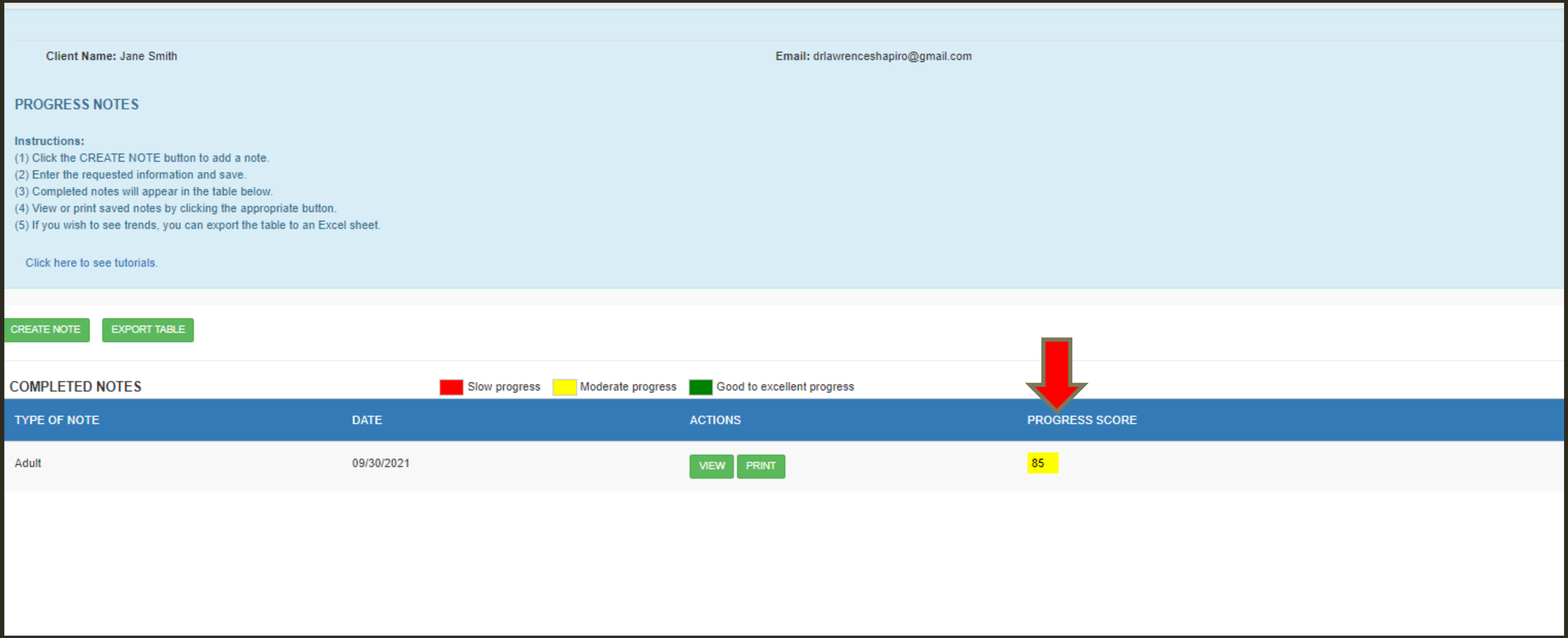
To create Progress Notes, click the icon.



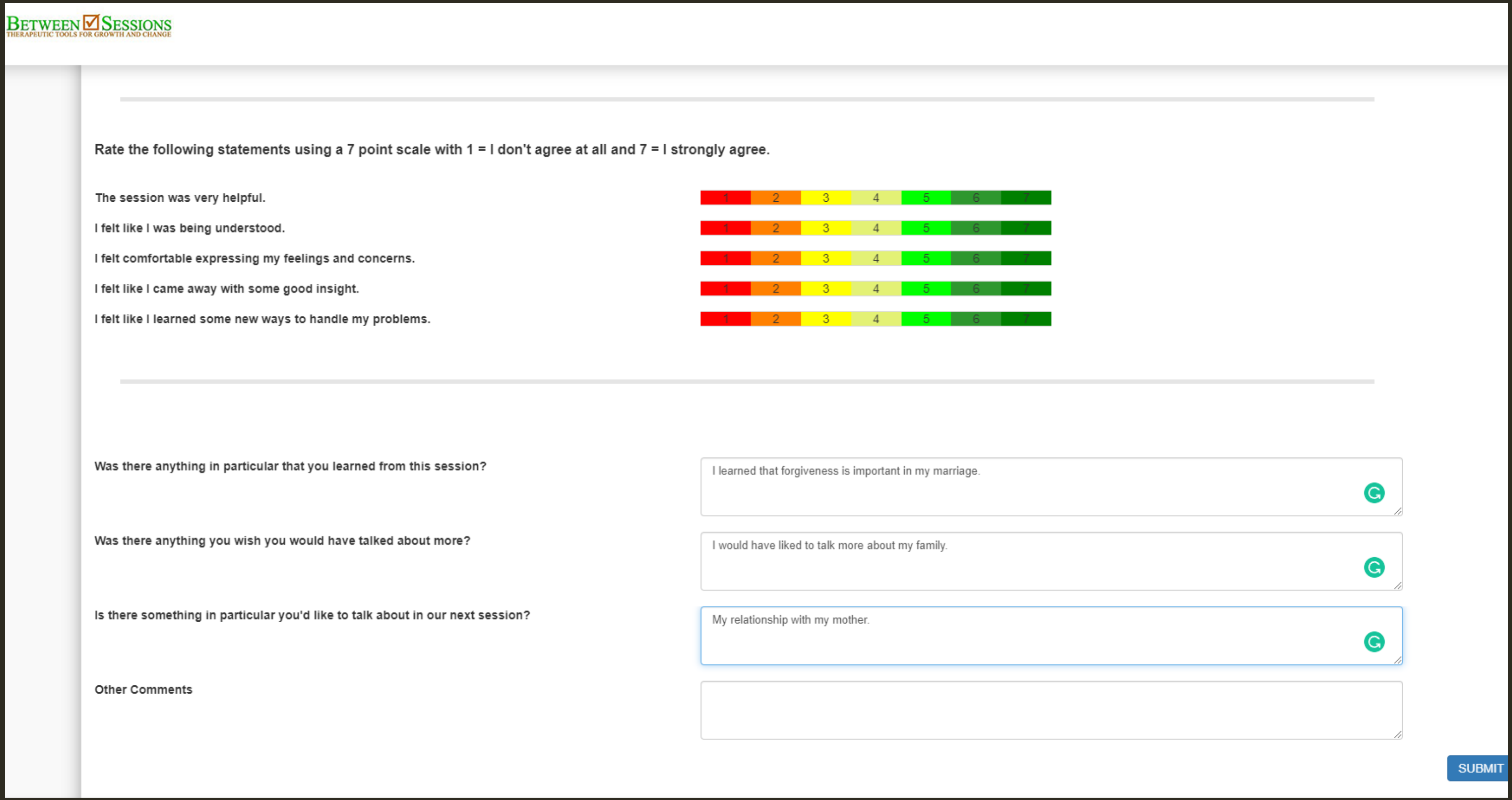
When filling in the Progress Notes, you will answer several questions that rate your client's attitude and behavior.



The answers to your ratings will result in a Progress Score. Filling out Progress Notes every session will give you both an objective and a subjective view of a client's progress. You can also export scores collected over time to measure trends. You can also view and print your Progress Notes.



The Progress Notes has ratings for behavioral observations as well as for progress on behavioral objectives.



BETWEEN ☑ SESSIONS
THERAPEUTIC TOOLS FOR GROWTH AND CHANGE

Rate the following statements using a 7 point scale with 1 = I don't agree at all and 7 = I strongly agree.

The session was very helpful.	1	2	3	4	5	6	7
I felt like I was being understood.	1	2	3	4	5	6	7
I felt comfortable expressing my feelings and concerns.	1	2	3	4	5	6	7
I felt like I came away with some good insight.	1	2	3	4	5	6	7
I felt like I learned some new ways to handle my problems.	1	2	3	4	5	6	7

Was there anything in particular that you learned from this session?

I learned that forgiveness is important in my marriage.

Was there anything you wish you would have talked about more?

I would have liked to talk more about my family.

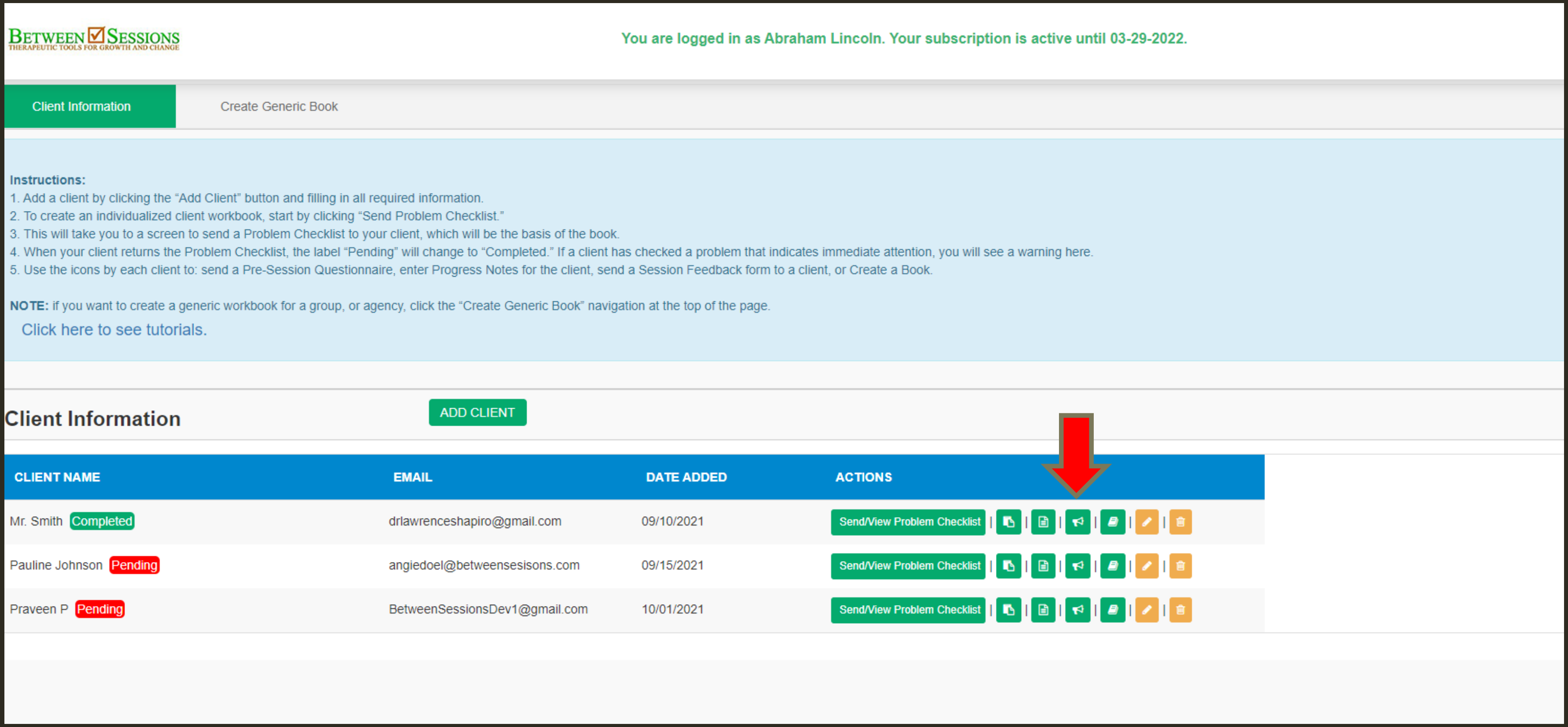
Is there something in particular you'd like to talk about in our next session?

My relationship with my mother.

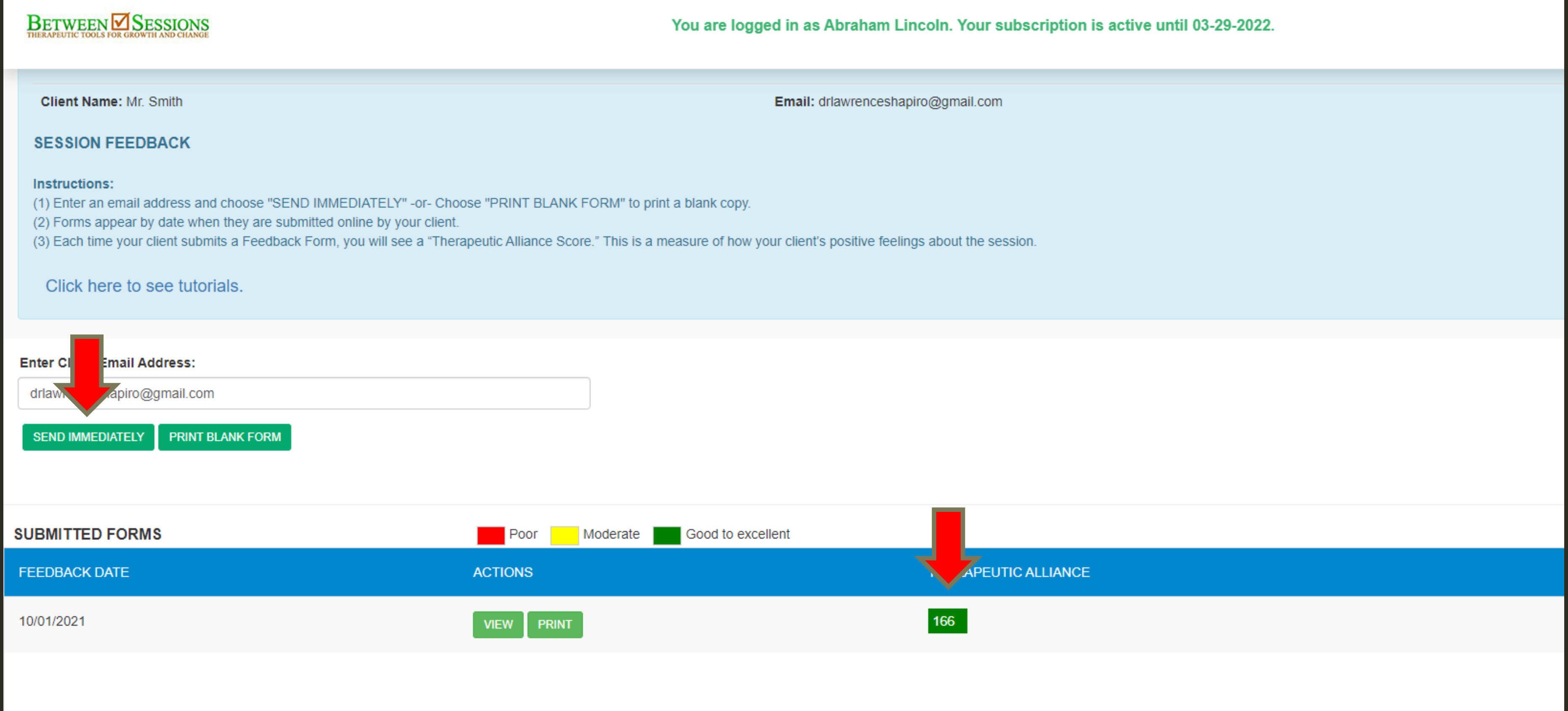
Other Comments

SUBMIT

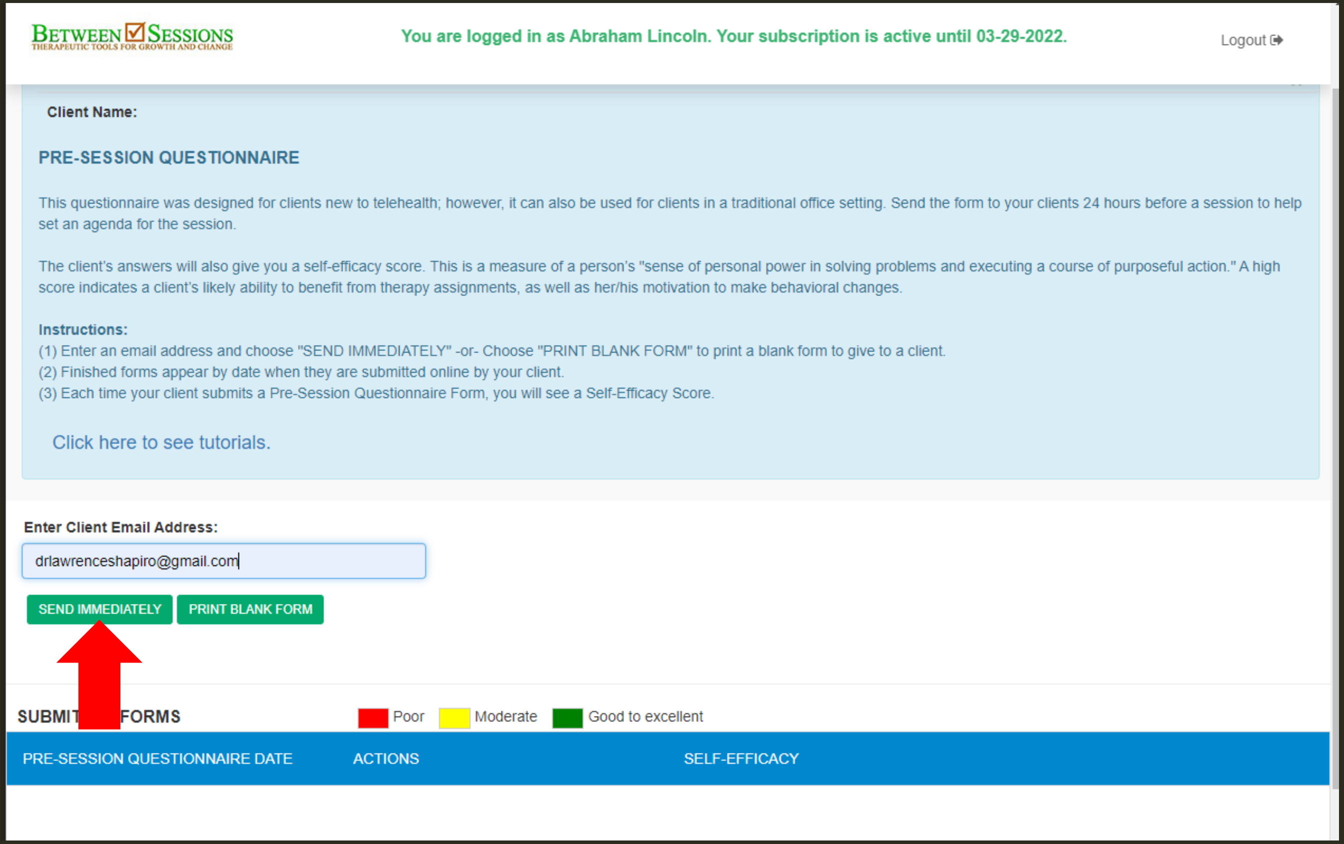
The Session Feedback Form is ostensibly a measure of client satisfaction, but it is really much more. Asking for feedback has been identified as one of the most important ways to build a therapeutic alliance, and a positive therapeutic alliance is the best predictor of client success.



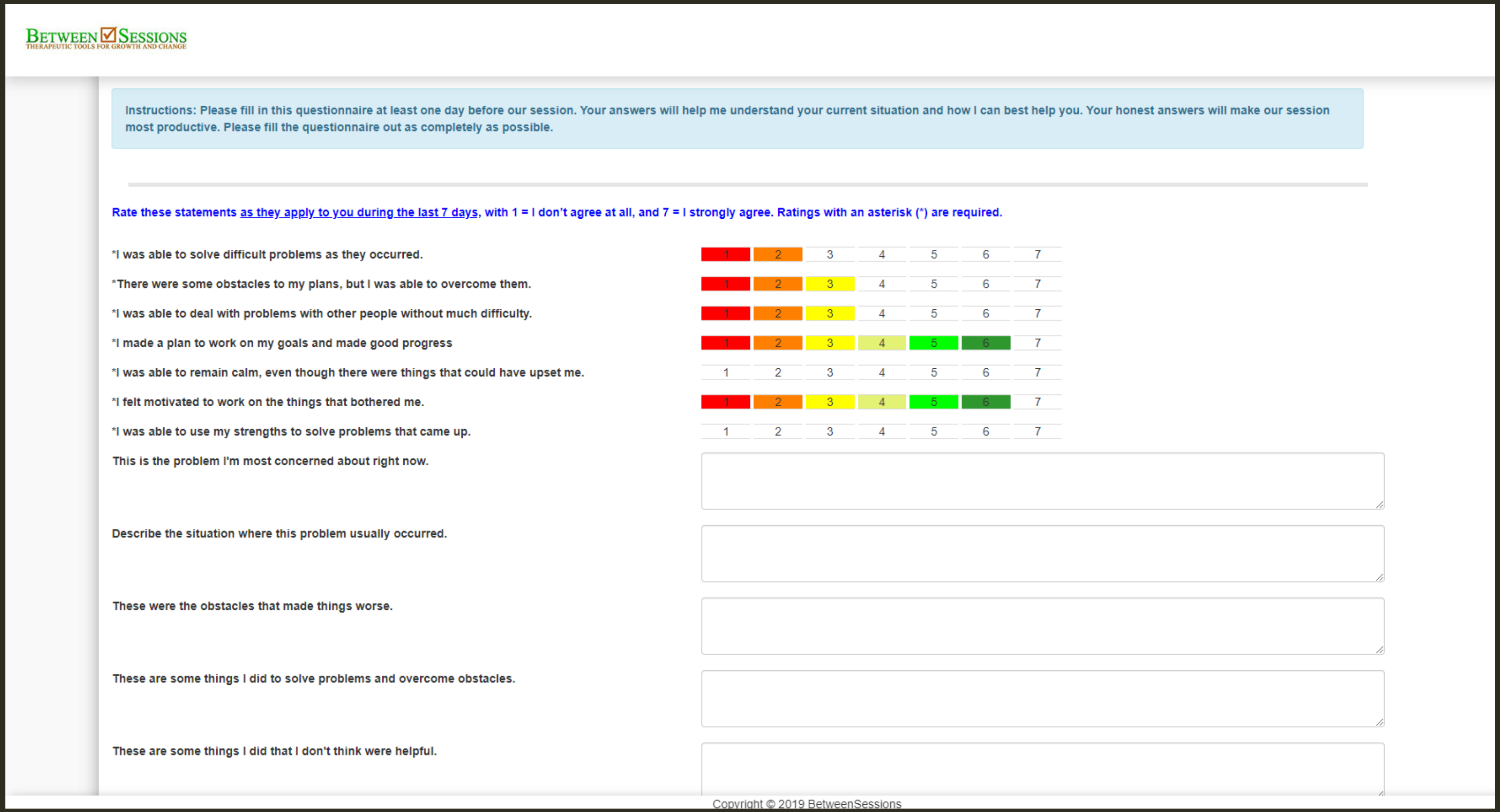
Send a client a Session Feedback Form as often as seems appropriate. When a client fills it out, you will see a score indicating the degree of the therapeutic alliance.



The Pre-Session Questionnaire is a measure of self-efficacy. It can give you insight into a client's motivation as well as the likelihood that he/she will complete therapy assignments. Send it to a client to fill out online with one click.



When your client fill out and sends back the form, you will see a score indicating their degree of his/her self-efficacy. You may want to send this form again periodically to see if this score changes. Self-efficacy correlates with the not only motivation, but a client's willingness to take responsibility for his/her change.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Instructions: Please fill in this questionnaire at least one day before our session. Your answers will help me understand your current situation and how I can best help you. Your honest answers will make our session most productive. Please fill the questionnaire out as completely as possible.

Rate these statements as they apply to you during the last 7 days, with 1 = I don't agree at all, and 7 = I strongly agree. Ratings with an asterisk (*) are required.

*I was able to solve difficult problems as they occurred.	1	2	3	4	5	6	7
*There were some obstacles to my plans, but I was able to overcome them.	1	2	3	4	5	6	7
*I was able to deal with problems with other people without much difficulty.	1	2	3	4	5	6	7
*I made a plan to work on my goals and made good progress	1	2	3	4	5	6	7
*I was able to remain calm, even though there were things that could have upset me.	1	2	3	4	5	6	7
*I felt motivated to work on the things that bothered me.	1	2	3	4	5	6	7
*I was able to use my strengths to solve problems that came up.	1	2	3	4	5	6	7

This is the problem I'm most concerned about right now.

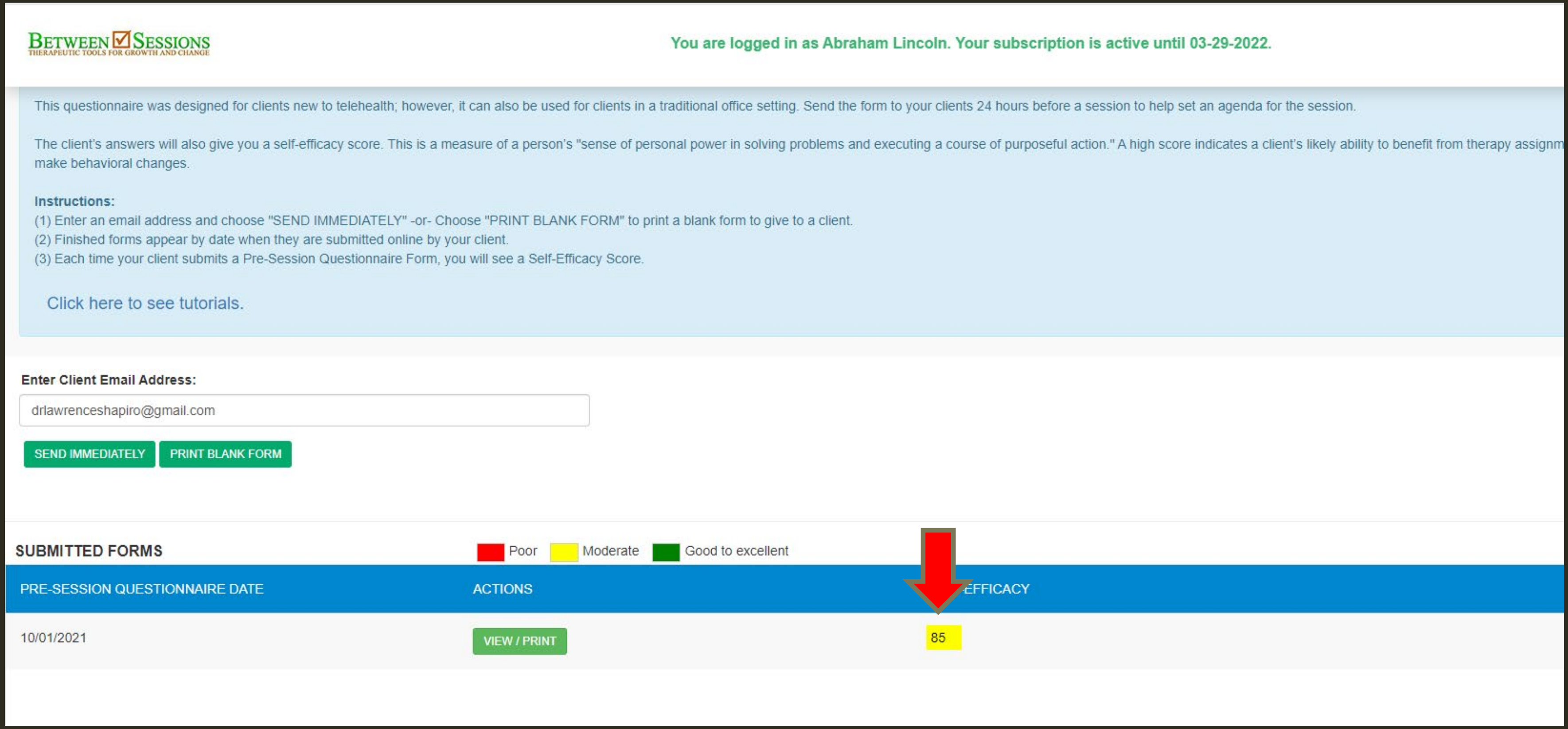
Describe the situation where this problem usually occurred.

These were the obstacles that made things worse.

These are some things I did to solve problems and overcome obstacles.

These are some things I did that I don't think were helpful.

A low self-efficacy suggests that a therapist should spend time on issues of related to client motivation and responsibility.



We are always available to help with your questions or concerns.

Email us at:
info@BetweenSessions.com or call 866-277-0221