

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.

BETWEEN SESSIONS
THERAPEUTIC TOOLS FOR GROWTH AND CHANGE

You are logged in as Abraham Lincoln. Your subscription is active until 03-29-2022.

Client Information Create Generic Book

Instructions:

1. Add a client by clicking the "Add Client" button and filling in all required information.
2. To create an individualized client workbook, start by clicking "Send Problem Checklist."
3. This will take you to a screen to send a Problem Checklist to your client, which will be the basis of the book.
4. When your client returns the Problem Checklist, the label "Pending" will change to "Completed." If a client has checked a problem that indicates immediate attention, you will see a warning here.
5. Use the icons by each client to: send a Pre-Session Questionnaire, enter Progress Notes for the client, send a Session Feedback form to a client, or Create a Book.

NOTE: if you want to create a generic workbook for a group, or agency, click the "Create Generic Book" navigation at the top of the page.
[Click here to see tutorials.](#)

Client Information **ADD CLIENT**

CLIENT NAME	EMAIL	DATE ADDED	ACTIONS
Mr. Smith Completed	drlawrenceshapiro@gmail.com	09/10/2021	Send/View Problem Checklist
Pauline Johnson Pending	angiedoel@betweensessions.com	09/15/2021	Send/View Problem Checklist
Praveen P Pending	BetweenSessionsDev1@gmail.com	10/01/2021	Send/View Problem Checklist

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

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Click **Add Client** to create a new client profile.

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UPDATE CLIENT

Client Name*

Age Category*

select

Date Of Birth

MM DD YYYY

Email ID*

To create **Progress Notes**, click the icon.

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












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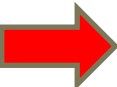
When filling in the **Progress Notes**, you will answer several questions that rate your client's attitude and behavior.

Progress Note ✕

G

ATTITUDE TOWARD THERAPY

Rate statements on a 7-Point Scale with 1 = Low and 7 = High.

*Rate this statement: "The client verbalized a positive attitude toward therapy"  1 2 3 4 5 6 7

Note specific comments made by the client.

*Rate this statement: "The client verbalized a positive attitude toward his/her therapeutic progress." 1 2 3 4 5 6 7

Note specific comments.

*Rate this statement: "The client showed interest in therapy through his/her non-verbal behavior." 1 2 3 4 5 6 7

Note specific comments.

CLOSE SAVE

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**.

Client Name: Jane Smith Email: drilawrenceshapiro@gmail.com

PROGRESS NOTES

Instructions:
(1) Click the CREATE NOTE button to add a note.
(2) Enter the requested information and save.
(3) Completed notes will appear in the table below.
(4) View or print saved notes by clicking the appropriate button.
(5) If you wish to see trends, you can export the table to an Excel sheet.


[Click here to see tutorials.](#)

CREATE NOTE **EXPORT TABLE**

COMPLETED NOTES

■ Slow progress ■ Moderate progress ■ Good to excellent progress

TYPE OF NOTE	DATE	ACTIONS	PROGRESS SCORE
Adult	09/30/2021	VIEW PRINT	85



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

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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.	
I felt like I was being understood.	
I felt comfortable expressing my feelings and concerns.	
I felt like I came away with some good insight.	
I felt like I learned some new ways to handle my problems.	

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.

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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.

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Client Name: Mr. Smith Email: drlawrenceshapiro@gmail.com

SESSION FEEDBACK

Instructions:
(1) Enter an email address and choose "SEND IMMEDIATELY" -or- Choose "PRINT BLANK FORM" to print a blank copy.
(2) Forms appear by date when they are submitted online by your client.
(3) Each time your client submits a Feedback Form, you will see a "Therapeutic Alliance Score." This is a measure of how your client's positive feelings about the session.

[Click here to see tutorials.](#)

Enter Client Email Address:

[SEND IMMEDIATELY](#) [PRINT BLANK FORM](#)

SUBMITTED FORMS

■ Poor ■ Moderate ■ Good to excellent

FEEDBACK DATE	ACTIONS	THE THERAPEUTIC ALLIANCE
10/01/2021	VIEW PRINT	166

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.

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Client Name:

PRE-SESSION QUESTIONNAIRE

This questionnaire was designed for clients new to telehealth; however, it can also be used for clients in a traditional office setting. Send the form to your clients 24 hours before a session to help set an agenda for the session.

The client's answers will also give you a self-efficacy score. This is a measure of a person's "sense of personal power in solving problems and executing a course of purposeful action." A high score indicates a client's likely ability to benefit from therapy assignments, as well as her/his motivation to make behavioral changes.

Instructions:

- (1) Enter an email address and choose "SEND IMMEDIATELY" -or- Choose "PRINT BLANK FORM" to print a blank form to give to a client.
- (2) Finished forms appear by date when they are submitted online by your client.
- (3) Each time your client submits a Pre-Session Questionnaire Form, you will see a Self-Efficacy Score.

[Click here to see tutorials.](#)

Enter Client Email Address:

[SEND IMMEDIATELY](#) [PRINT BLANK FORM](#)

SUBMIT FORMS ■ Poor ■ Moderate ■ Good to excellent

PRE-SESSION QUESTIONNAIRE DATE ACTIONS SELF-EFFICACY

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.

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

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[Click here to see tutorials.](#)

Enter Client Email Address:

[SEND IMMEDIATELY](#) [PRINT BLANK FORM](#)

SUBMITTED FORMS

■ Poor ■ Moderate ■ Good to excellent

PRE-SESSION QUESTIONNAIRE DATE	ACTIONS	EFFICACY
10/01/2021	VIEW / PRINT	85

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

Email us at:

info@BetweenSessions.com or call

866-277-0221