

THERAPIST WORKSHEETS FOR EFFECTIVE THERAPY

Download these worksheets from www.speakingfromtriumph.com or from the blog post "Do Therapists Understand Therapy?" at blog.speakingfromtriumph.com. Print copies as you need them.

All of these guidelines are based on Paula Kramer's experiences during 5 years in therapy with two different therapists.

Feel free to change the guidelines to suit your client's needs.

Fill out all of them with the participation of the client.

Fill out new copies any time changes occur.

THERAPIST WORKSHEETS FOR EFFECTIVE THERAPY

The Context Of The Client's Life

Client: _____ Date: _____

The best part of client's life (including emotional nourishments):

The so-so part of client's life (including emotional nourishments and emotional drains):

The worst part of client's life (including emotional drains):

Client's fit in society: Inside Partially in and partially out Outside

Explain: _____

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Improving The Context Of The Client's Life

Client: _____ Date: _____

Situation client wants to change: _____

What can client do to change the situation? _____

What changes can client make only with the help of other people or groups? _____

Which people or groups could help client make those changes? _____

What does the client have to learn to live with in this situation?

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Meanings In The Client's Life

Client: _____ Date: _____

Situation or event in the client's life: _____

What the situation or event means to the client: _____

The Client's Coping Skills

Client: _____

Date: _____

Situation in which the client copes well:

Coping skills the client uses:

Situation in which the client has some success coping:

Coping skills the client uses:

Situation in which the client has no clue:

Coping skills the client needs:

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Coping Skills The Client Needs To Learn

Client: _____ Date: _____

Situation or relationship for which client needs coping skills:

Skills client already has to build on: _____

Skills client needs: _____

What I can teach client: _____

Other resources for client: _____

Client's progress coping with this situation or relationship

Date: _____ Person involved: _____

Incident: _____

Client's method of coping: _____

Client's success: _____

Client's difficulties: _____

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What Works and What Hurts Survey

Ask the client these questions a minimum of every four sessions.

Client: _____ Date: _____

What works in therapy? _____

What hurts in therapy? _____

How has this changed since the last survey? _____
