

WEB FORM I **SESSION PROCESS AND OUTCOME MEASURES—CLIENT**

Instructions: Indicate how much each statement reflects your experiences in this session. Please note that all of these things do not occur in every session because helpers do many different things to be helpful. The term helper can refer to a therapist, counselor, or any other person in the helping role. *Circle one number for each item using the following scale:*

In this session, my helper...	Strongly Disagree		Strongly Agree		
1. asked questions to help me explore what I was thinking or feeling.....	1	2	3	4	5
2. encouraged me to challenge my beliefs.....	1	2	3	4	5
3. did NOT help me think about changes I could make in my life.....	1	2	3	4	5
4. did NOT teach me specific skills to deal with my problems.....	1	2	3	4	5
5. did NOT encourage me to express what I was thinking or feeling.....	1	2	3	4	5
6. helped me become aware of contradictions in my thoughts, feelings, and/or behaviors.....	1	2	3	4	5
7. helped me think about my concerns.....	1	2	3	4	5
8. did NOT help me identify useful resources (e.g., friends, parents, advisors, schools, clergy).....	1	2	3	4	5
9. helped me figure out how to solve a specific problem.....	1	2	3	4	5
10. helped me understand the reasons behind my thoughts, feelings, and/or behaviors.....	1	2	3	4	5
11. did NOT encourage me to experience my feelings.....	1	2	3	4	5
12. did NOT discuss with me specific things I could do to make change happen.....	1	2	3	4	5
13. helped me gain a new perspective on my problems.....	1	2	3	4	5
 In this session, I...					
14. did NOT feel a bond with my helper.....	1	2	3	4	5
15. liked my helper.....	1	2	3	4	5
16. trusted my helper.....	1	2	3	4	5
17. worked collaboratively with my helper.....	1	2	3	4	5
 I...					
18. am glad I attended this session.....	1	2	3	4	5
19. did NOT feel satisfied with what I got out of this session.....	1	2	3	4	5
20. thought that this session was helpful.....	1	2	3	4	5
21. did NOT think that this session was valuable.....	1	2	3	4	5

SESSION PROCESS AND OUTCOME MEASURES—HELPER

Instructions: Indicate how much each statement reflects your experiences in this session. Please note that all of these things do not occur in every session because helpers do many different things to be helpful. The term helper can refer to a therapist, counselor, or any other person in the helping role. *Circle one number for each item using the following scale:*

In this session, I...	Strongly Disagree				Strongly Agree
1. asked questions to help the client explore what s/he was thinking or feeling.....	1	2	3	4	5
2. encouraged the client to challenge his/her beliefs.....	1	2	3	4	5
3. did NOT help the client think about changes s/he could make in her/his life.....	1	2	3	4	5
4. did NOT teach the client specific skills to deal with his/her problems.....	1	2	3	4	5
5. did NOT encourage the client to express what s/he was thinking or feeling.....	1	2	3	4	5
6. helped the client become aware of contradictions in his/her thoughts, feelings, and/or behaviors.....	1	2	3	4	5
7. helped the client think about her/his concerns.....	1	2	3	4	5
8. did NOT help the client identify useful resources (e.g., friends, parents, advisors, schools, clergy).....	1	2	3	4	5
9. helped the client figure out how to solve a specific problem.....	1	2	3	4	5
10. helped the client understand the reasons behind her/his thoughts, feelings, and/or behaviors.....	1	2	3	4	5
11. did NOT encourage the client to experience his/her feelings.....	1	2	3	4	5
12. did NOT discuss with the client specific things s/he could do to make change happen.....	1	2	3	4	5
13. helped the client gain a new perspective on his/her problems.....	1	2	3	4	5
In this session, my client...					
14. did NOT feel a bond with me	1	2	3	4	5
15. liked me	1	2	3	4	5
16. trusted me	1	2	3	4	5
17. worked collaboratively with me	1	2	3	4	5
My client...					
18. is glad that s/he attended this session	1	2	3	4	5
19. did NOT feel satisfied with what s/he got out of this session	1	2	3	4	5
20. thought that this session was helpful.....	1	2	3	4	5
21. did NOT think that this session was valuable.....	1	2	3	4	5