

Client Session Bridging Questions*

Name:

Date:

Part A (to be completed shortly after therapy session):

1. What stands out to you about our last session? Thoughts, feelings, insights?

2. On a 10 point scale, how would you rate the following items a) – d)?

<u>Not at all</u>	<u>A little bit</u>	<u>Moderate</u>	<u>Substantial</u>	<u>Very Substantial</u>					
1	2	3	4	5	6	7	8	9	10

a) **helpfulness/effectiveness of session:** _____

what was helpful?

what was not helpful?

b) **how connected you felt to your therapist:** _____

c) **how engaged/involved you felt with the topics being discussed** _____

d) **how present you were in the session:** _____

**3. What would have made the session more helpful or a better experience?
Anything you are reluctant to say or ask for?**

**4. What issues came up for you in the session/with your therapist that are
similar to your daily life problems?**

**5. What risks did you take in the session/with your therapist or what progress
did you make that can translate into your outside life?**

Part B (to be completed just prior to next therapy session):

6. What were the high and low points of your week?

**7. What items, issues, challenges or positive changes do you want to put on the
agenda for our next session?**

8. How open were you in answering the above questions #1-#7 (0-100%)?

9. Anything else you'd like to add?

*Reprinted from Tsai, M. et. al (2009) *A Guide to Functional Analytic Psychotherapy: Awareness, Courage, Love and Behaviorism*. New York: Springer.