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been in this situation hundreds of times a session ends
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beneficial to them what did they struggle with was
something important not addressed and how are they
finding therapy overall 18 open ended questions
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open questions are an essential tool that can facilitate
and deepen the counselling process questioning in a
non judgmental way with genuine curiosity and
warmth is crucial for building rapport q6 what are you

doing well in your life right now try scheduling 45 mins with yourself to answer these questions it s best to do this as a written exercise think of it as a therapy or what else would you encourage me to ask them or try with them that you think could really make a big difference feedback liberates clients and therapists classic therapy questions therapists tend to ask 7 feb 2020 by beata souders msc psyd candidate scientifically reviewed by jo nash ph d talk therapy is all about healing conversations with a goal in mind important questions to ask a therapist getting started 5 things you shouldn t be afraid to ask a therapist according to a therapist your therapist shouldn t be the only one asking the questions by hannah owens lmsw published on april 01 2024 medically reviewed by steven gans md print verywell mind stocksy table of contents the therapy evaluation questionnaire typically consists of a series of questions designed to assess various aspects of the therapeutic process such as the client s satisfaction with the therapy the perceived progress made and the overall impact of the treatment this scale typically consists of a series of questions or statements that explore different dimensions of therapy such as emotional well being symptom reduction and overall satisfaction these questions are designed to capture the client s subjective experience and provide a quantitative measure of their progress posted july 28 2021 reviewed by lybi ma key points rather than dwelling on past problems imagining a hopeful future can shape our development in more agentic and adaptive ways the capacity 20 insightful

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classical person centred approach feel that this risks coming from the therapist s rather than the client s frame of reference here are some questions to ask as you consider working with a therapist what s your training what certifications or degrees do you hold how long have you worked in this field what kinds of treatment or therapy do you think might help me what are the advantages and disadvantages of the different approaches including medication results suggested that these person centred therapists ask questions regularly for many reasons including to check their understanding or to clarify an issue for the client to challenge the client to enable the client s processing and sometimes just out of curiosity

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