

Bring It Back

Arriving at your next session with what matters most

Fill this in a day or two before we meet. There are no right answers, and a few words are plenty.

05 Looking back over the week



Better than I expected



Harder than I expected



A pattern I noticed

06 Shaping our next session

You set the direction; we work it out together

The most important thing to talk about...

Something I haven't said yet only if you would like to

Next time, I'd most like us to...



listen and understand



make sense of a pattern



practise a skill



plan for something ahead



work on a decision



I'm not sure yet — let's find it together

07 Checking the fit

Your feedback shapes the therapy

How useful did our last session feel?

not at all 0 1 2 3 4 5 6 7 8 9 10 very

What helped most...

Something I'd like done differently...

Honest feedback is welcome, including when something isn't working. It helps us adjust.

08 Where I am on the path

Progress is rarely a straight line

when I started

One sign I've moved, even a little...

MARK AN X WHERE YOU FEEL YOU ARE TODAY

What would help me take the next step...

where I'm heading

09 If things get hard before we meet

Best filled in together at the end of a session

Something that helps me steady myself...

Someone I trust who I can reach out to...

My GP or local after-hours service...

A 24-hour crisis line...

! Your therapist is not an emergency service and may not see messages between sessions. If you feel unsafe or at risk of harm, call emergency services or go to your nearest emergency department.

Why this helps

Meta-analyses show that therapy with between-session practice leads to greater improvement than therapy without it, and that both how much and how well people engage with that practice relate to better outcomes (Kazantzis et al., 2010, 2016; Mausbach et al., 2010). Small, regular steps count.

SOURCES

Kazantzis, N., Whittington, C., & Dattilio, F. (2010). Meta-analysis of homework effects in cognitive and behavioral therapy: A replication and extension. *Clinical Psychology: Science and Practice*, 17(2), 144–156.
Kazantzis, N., Whittington, C., Zelencich, L., Kyrios, M., Norton, P. J., & Hofmann, S. G. (2016). Quantity and quality of homework compliance: A meta-analysis of relations with outcome in cognitive behavior therapy. *Behavior Therapy*, 47(5), 755–772.
Mausbach, B. T., Moore, R., Roesch, S., Cardenas, V., & Patterson, T. L. (2010). The relationship between homework compliance and therapy outcomes: An updated meta-analysis. *Cognitive Therapy and Research*, 34(5), 429–438.