

The Worksheets

THERAPY WITH A COACHING EDGE:

Partnership, Action and Possibility in Every Session

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The “Getting to Yes” Session Plan

From Chapter 5: Results in Every Session

Therapy with a Coaching Edge recommends that you implement a three-step session plan to address client satisfaction and retention. The three steps in the plan are as follows:

1. **Find the purpose**—set a shared agenda during the beginning phase of the session with the client (this may take up to the first 10 minutes of a session) by asking questions such as these:
 - *What should we focus on today?*
 - *Is this the most important topic for you?*
 - *What is it about this that would make a difference in your life?*
 - *Is it vital for us to explore and address this now, or can it wait?*
 - *What might be even more immediately central to your wellbeing?*
 - *What aspect of this topic would create the biggest impact on your life or work immediately?*
2. **Work it through**—advance the agenda topics during the middle phase of the session by use of any appropriate skills, methods, and techniques using this model or others
3. **Consolidate gains**—leave time for a good ending (at least the last 5 to 10 minutes of a session) to summarize progress by asking questions such as these:
 - *What will you take away from our session today?*
 - *What did you learn?*
 - *How can you use what you learned in your life this week?*
 - *What does this lead us to do in our next session?*
 - *May I share what I think was important about today, what I observed as progress?*
 - *Would you like to know what I will be highlighting in my notes about today’s session?*

Tracking Client Progress Over Time

In Chapter 5, I offer several ways to track progress with a client over the time of treatment. I suggest that this tracking be done every three to six months. One method is to ask a series of questions such as these with clients, in order to check in on the level of satisfaction:

- *How do you feel about continuing to come to therapy?*
- *Do you feel understood and listened to in here?*
- *Is there more about you—your history or your current situation—that I should know?*
- *Do our conversations make sense to you?*
- *Are you satisfied with the results you are getting?*
- *Is there anything I can do better, as your therapist, to help you stay involved with your treatment?*

Can your clients see the changes that are occurring due to therapy?

For more support, case examples and complete information, read or re-read chapter 5 of *Therapy with a Coaching Edge*.