

### My Thoughts About Therapy – Caregiver

**Directions.** This form is about your thoughts and experiences with your child’s therapy. Please complete only the sections that have a checkmark at the top. Circle the answer that best tells how true each sentence is about how you usually feel. There are no right or wrong answers. Just circle what you think describes you best.

**Please complete the next 7 items below.**

<b>R</b>	1. I like meeting with my child’s counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	2. I feel like I can tell my child’s counselor anything.	Strongly Disagree	Disagree	Agree	Strongly Agree
	3. My child’s counselor is sensitive to my culture and values.	Strongly Disagree	Disagree	Agree	Strongly Agree
	4. I feel like I am part of a team with my child’s counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	5. I feel comfortable asking my child’s counselor questions or raising concerns about counseling.	Strongly Disagree	Disagree	Agree	Strongly Agree
	6. My child’s counselor respects my opinions.	Strongly Disagree	Disagree	Agree	Strongly Agree
	7. I help choose my child’s treatment goals.	Strongly Disagree	Disagree	Agree	Strongly Agree

**Please complete the next 7 items below.**

<b>E</b>	1. The effort I put into counseling will pay off for me and my child.	Strongly Disagree	Disagree	Agree	Strongly Agree
	2. I believe my child’s counselor knows how to help other children and families who are like mine.	Strongly Disagree	Disagree	Agree	Strongly Agree
	3. I’ve never had a bad experience with counseling for my child in the past.	Strongly Disagree	Disagree	Agree	Strongly Agree
	4. It’s OK if family or friends know we meet with a counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	5. I believe counseling is necessary to solve my child’s problems.	Strongly Disagree	Disagree	Agree	Strongly Agree
	6. I believe the work I do with my child’s counselor will help my child.	Strongly Disagree	Disagree	Agree	Strongly Agree
	7. I think my child’s counselor can help my child.	Strongly Disagree	Disagree	Agree	Strongly Agree

Please see page 2 →

**☐ Please complete the next 7 items below.**

<b>A</b>	1. If I skip an appointment with my child’s counselor, I might fall behind.	Strongly Disagree	Disagree	Agree	Strongly Agree
	2. I am on time for appointments with my child’s counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	3. I show up for appointments with my child’s counselor or else cancel them at least a day ahead of time.	Strongly Disagree	Disagree	Agree	Strongly Agree
	4. My child’s counseling is convenient for me.	Strongly Disagree	Disagree	Agree	Strongly Agree
	5. I tell my child’s counselor about things that get in the way of me coming to counseling.	Strongly Disagree	Disagree	Agree	Strongly Agree
	6. I am able to attend appointments even when there are other important things going on in my life.	Strongly Disagree	Disagree	Agree	Strongly Agree
	7. Things do not get in the way of me attending appointments with my child’s counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree

**☐ Please complete the next 7 items below.**

<b>C</b>	1. The goals of my child’s counseling are clear.	Strongly Disagree	Disagree	Agree	Strongly Agree
	2. What we are doing in my child’s counseling makes sense to me.	Strongly Disagree	Disagree	Agree	Strongly Agree
	3. There is a clear purpose to each counseling session.	Strongly Disagree	Disagree	Agree	Strongly Agree
	4. The work I do with my child’s counselor fits our goals.	Strongly Disagree	Disagree	Agree	Strongly Agree
	5. My child’s counselor measures if my child is getting better.	Strongly Disagree	Disagree	Agree	Strongly Agree
	6. I understand my role in my child’s counseling.	Strongly Disagree	Disagree	Agree	Strongly Agree
	7. The counseling we receive is right for us.	Strongly Disagree	Disagree	Agree	Strongly Agree

**☐ Please complete the next 7 items below.**

<b>H</b>	1. I actively participate during appointments with my child’s counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	2. I enjoy practicing new things with my child’s counselor.	Strongly Disagree	Disagree	Agree	Strongly Agree
	3. Counseling requires a manageable amount of work.	Strongly Disagree	Disagree	Agree	Strongly Agree
	4. When I learn something new in my child’s counseling, I try to use it right away at home.	Strongly Disagree	Disagree	Agree	Strongly Agree
	5. My child’s counselor shows us how to do a skill and then helps us try it out.	Strongly Disagree	Disagree	Agree	Strongly Agree
	6. If I try a new skill and it doesn’t go well, I make sure to try again.	Strongly Disagree	Disagree	Agree	Strongly Agree
	7. I follow my child’s counselor’s recommendations.	Strongly Disagree	Disagree	Agree	Strongly Agree