

## Therapist Info Sheet:

Many therapists don't bother with exit interviews when a patient's treatment is concluded and the patient is terminating therapy. I find that they are helpful and that many of the "tricks" and tips that I collected from wizened therapists when I began my career came from things that they had gleaned from patients in thorough exit interviews.

Most therapists use exit interviews to review the history of the patient's presenting issue and the treatment of those issues. Patients experience therapy differently from the therapist and it is important to walk back through what you did with patients and why you thought it worked or how you saw it help. This insight will allow patients to continue to use interventions independently when the same problems arise in their own lives.

One of the things that makes therapy effective is the patient's ability to internalize the voice of the therapist in their head. The voice of the therapist can reassure patients and remind them what behavior is healthy long after therapy is over, when they have heard the therapist repeatedly tell them these things. Explaining to patients what you were doing and thinking in the therapy room can help them understand what the more adaptable processes that you taught them were, are and why they're important.

Therapists fail only when they refuse to admit that the way they are trying to reach and assist patients in therapy is failing and thus refuse to change. When I give an exit interview to patients I always thank them for their honest feedback, and tell them that I can only improve when I know that I am making mistakes. Even if we are making small mistakes in therapy, we cannot improve until we ask patients what it is that is not helping them. The exit interview can help therapists, as well as patients recognize the most and least helpful parts of their own self systems and become more adaptable.



## Discharge Survey

1. What are the biggest takeaways that you got from therapy?
2. Do you feel like the issues that you came into therapy with have been resolved? Which issues were resolved, and which were not?
3. Were there any problems that were resolved that you didn't know were an issue when you began therapy?
4. What were the hardest parts of therapy for you? What could have happened in therapy to make those parts easier?
5. What are the times where you felt the least safe during the therapy process? Looking back, are there ways that I could have helped feel more safe.
6. If you could have changed your experience in therapy what would you have changed?
7. What were the expectations that you had for therapy that were not met.
8. What surprised you about your time in therapy?

9. Do you feel you have a good understanding of what interventions to continue after therapy that will continue your recovery. What are the main interventions you will continue after therapy?

10. Is there anything that you think I should have asked in therapy that didn't come up?