

## Good Therapy Checklist

When arranging therapy, talk to the therapist and ask them to verify the following points:

|     |  |                          |
|-----|--|--------------------------|
| 1.  | Is the therapist professionally qualified and accredited by their lead UK body?                              | <input type="checkbox"/> |
| 2.  | Does the therapy offered follow the published research and NICE recommended treatment for the problem?       | <input type="checkbox"/> |
| 3.  | Does the therapist have specific practical experience of working with the problem?                           | <input type="checkbox"/> |
| 4.  | Does the therapist provide a structured initial assessment and written assessment report?                    | <input type="checkbox"/> |
| 5.  | Are therapy goals and measures used to guide and monitor progress?   | <input type="checkbox"/> |
| 6.  | Will there be a structured therapy plan and timescales?  | <input type="checkbox"/> |
| 7.  | Is there an agreed feedback process to refine the approach / address problems during and following therapy?  | <input type="checkbox"/> |
| 8.  | Does the therapist offer a lapse plan at the end of therapy?   | <input type="checkbox"/> |
| 9.  | Are there follow-up / contact arrangements / booster sessions available following the completion of therapy? | <input type="checkbox"/> |
| 10. | Do I feel confident, supported and comfortable with the therapist?   | <input type="checkbox"/> |