

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"/>