**FEEDBACK FORM Observer name……………………… Therapist name……………………………..**

Please complete this for your colleague, ticking each behaviour that you see them demonstrate and providing brief feedback (where appropriate) if you feel that they could have improved any aspect of the way they conducted the therapy session

Hypnosis practice

|  |  |  |  |
| --- | --- | --- | --- |
| ACTION | BEHAVIOUR | C:\Users\Kathy desktop\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DS7XV3XI\lgi01a201403140200[1].jpg | FEEDBACK |
| Introduction | 1. Warm, engaging tone, builds working alliance |  |  |
|  | 1. Provided succinct and clear outline of the exercise and the time it will take |  |  |
|  | 1. Checks client understands & is ready to begin |  |  |
|  | 1. Checks position of client and ability to see them easily in relation to the exercise |  |  |
| Induction | 1. Reads induction and deepener from the script |  |  |
|  | 1. Confidently creates own version of induction and deepener |  |  |
|  | 1. Pace is good with appropriate pauses and space for the client to engage in imagery |  |  |
| Suggestions | 1. Reads suggestions from the script |  |  |
|  | 1. Confidently creates own suggestions |  |  |
|  | 1. Applies the ‘rules’ of suggestion when creating their own |  |  |
|  | 1. Regularly checks their client visually to assess responses |  |  |
| Emerging | 1. Uses silence before starting the emerging |  |  |
|  | 1. Reads emerging from script |  |  |
|  | 1. Confidently creates own version of emerging |  |  |
| Debrief | 1. Confidently conducts a client debrief |  |  |
| Close | 1. Asks client for feedback |  |  |

Non-hypnosis practice

|  |  |  |  |
| --- | --- | --- | --- |
| ACTION | BEHAVIOUR | C:\Users\Kathy desktop\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DS7XV3XI\lgi01a201403140200[1].jpg | FEEDBACK |
| Introduction | 1. Warm, engaging tone, builds working alliance |  |  |
| Psychoeducation | 1. Clearly explains why the exercise is related to the client’s issue |  |  |
|  | 1. Explains relevant psychoeducation i.e. autonomic nervous system, hyper arousal, vicious cycle etc |  |  |
|  | 1. Explains linked evidence |  |  |
| Exercise | 1. Provided succinct and clear outline of the exercise and the time it will take |  |  |
|  | 1. Checks client understands & is ready to begin |  |  |
|  | 1. Checks position of client and ability to see them easily in relation to the exercise |  |  |
| Modelling & Coaching | 1. Clearly models the desired behaviour |  |  |
|  | 1. Encourages client to engage with behaviour |  |  |
|  | 1. Confidently provides further coaching |  |  |
| Debrief | 1. Feedback to client |  |  |
| Behavioural experiment | 1. Discusses with client appropriate behavioural experiments |  |  |
|  | 1. Collaborates to build motivation |  |  |
|  | 1. Explores issues that may prevent and explore contingencies |  |  |
| Feedback | 1. Asks client for feedback |  |  |