***Stress Management Training S8.c***

*Session Eight*

***Client's Evaluation of the Training***

Age: Male/Female

Usual Occupation:

What was the problem that brought you to Stress Management Training:

What did you like about the Training?

Which five of the following techniques did you find most useful? Please number from 1 to five in order of usefulness:

 Receiving information

 Passive Progressive Relaxation

 Active Progressive Relaxation

 Relaxed Breathing

 Square Breathing

 Three Part Breathing

 Triggers

 Recording and discovering negative thinking patterns

 Deep Mental Relaxation

 Autogenic Training

 Cue Cards

 Anchoring to the Positive

 Lifestyle changes

Which technique did you find the least useful?

Do you have any suggestions as to how the Training could be improved?