***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?