

Information Handout

Professional Version | US English

Progress In Therapy



Description

Experiencing setbacks during therapy is commonplace but can nevertheless be dispiriting. It can be helpful to remind clients about common trajectories of progress in therapy. Helpful metaphors for paths of progress include 'snakes and ladders' and the 'spiral staircase'. The *Progress In Therapy* information handout graphically illustrates both of these metaphors.

Instructions

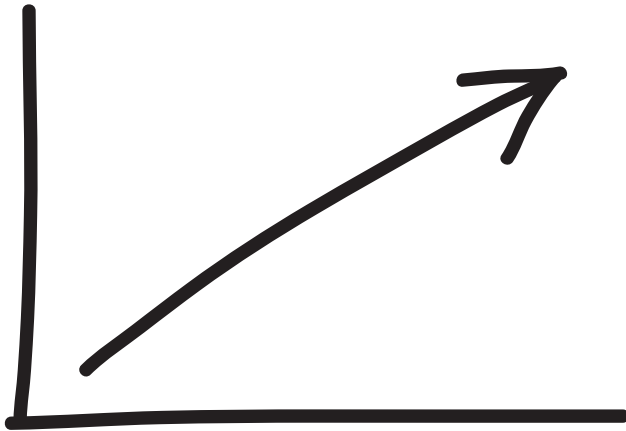
This is a Psychology Tools information handout.

Suggested uses include:

- Client handout – use as a psychoeducation resource.
- Discussion point – use to provoke a discussion and explore client beliefs.
- Therapist learning tool – improve your familiarity with a psychological construct.
- Teaching resource – use as a learning tool during training.

Progress In Therapy

What people expect progress in therapy to be like.



What progress in therapy is actually like.



Progress is different for everybody. It's a bit like a game of snakes and ladders – some people get to the end quickly and others go down many snakes. However long it takes you will get there in the end.

Sometimes despite all the effort we have put in it can feel as though all of our old problems have returned. We might feel as though we have made no progress at all. But take the time to look down – it's a spiral staircase that we have been climbing.

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1	2	3	4	5	6	7	8	9	10



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Resource details

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