

Impact of Session Grid (ISG) Rating Scale

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Ratings:

5. There is a clear **transformative** and a deep engaging experience for the client. Not only has a new emergent theme or a deepening of emotion occurred, the client has shifted from an “ordinary world” into an “extraordinary world” perspective. There is now a clear hope and direction for the future, with an intensity that is not just at an intellectual “head” level, but a dramatic and embodied change for the client, that moves him/her in a desired direction.
4. A **new emergent theme (“new story”)** is beginning to unfold, and/or a deepening of a particular theme is occurring. There is a deepening of emotions.. The client sees the rationale and is engaged in where the therapist is facilitating the direction of the therapeutic process.
3. A **neutral** level of interaction. No new emergent theme (“same story”) or deepening of emotions. A rating of “3” is normally given when the client is presenting their pre-existing perspective of a situation or a problem.
2. The dynamism of the session is not only static but is beginning to **flatline**. There is a lack of movement or progression in the session.
1. The client is **disengaged** from the process. He or she may be bored or even frustrated that the therapist is not "getting it". The therapist may be trying to go in a different direction and the client is not seeing the rationale for doing so.