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**Škála hodnotenia výsledku (ORS)**

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| Meno: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vek: \_\_\_\_\_\_\_\_  Ident. č. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pohlavie: M / Ž  Stretnutie č. \_\_\_\_\_\_ Dátum: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Vráťte sa späť k poslednému týždňu, vrátane dnešného dňa a pomôžte nám porozumieť, ako sa vám darilo v nasledujúcich oblastiach vášho života. Označenia smerom doľava vyjadrujú nižšie hodnotenie, označenia doprava vyššie. |

**UPOZORNENIE:** Pre zabezpečenie správnosti skórovania najprv škálu vytlačte a presvedčte sa, či majú úsečky dĺžku **presne 10 cm**. Ak nie, upravte všetky úsečky na správnu dĺžku a opäť to overte vytlačením škály. Potom toto upozornenie vymažte.

**Osobne:**

(osobná pohoda)

I----------------------------------------------------------------------I

**Vo vzťahoch:**

(rodina, blízke vzťahy)

I----------------------------------------------------------------------I

**V spoločnosti:**

(práca, škola, priateľstvá)

I----------------------------------------------------------------------I

**Celkovo:**

(celkový pocit pohody)

I----------------------------------------------------------------------I

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 40 | | | | | | | | | | |
| 35 |  |  |  |  |  |  |  |  |  | **SRS Cut-off** |
| 30 |  |  |  |  |  |  |  |  |  | diskusia |
| 25 |  |  |  |  |  |  |  |  |  | ORS Cut-off |
| 20 |  |  |  |  |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |  |
| 0 |  |  |  |  |  |  |  |  |  |  |
| stretnutie | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Škála hodnotenia stretnutia (SRS V.3.0)**

|  |
| --- |
| Meno: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vek: \_\_\_\_\_\_\_\_  Ident. č. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pohlavie: M / Ž  Stretnutie č. \_\_\_\_\_\_ Dátum: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Ohodnoťte prosím dnešné stretnutie. Urobte značku na tom mieste úsečky, ktoré najlepšie vystihuje to, ako ste ho prežívali. |

# Vzťah:

Necítil som sa vypočutý, pochopený

a rešpektovaný.

Cítil som sa vypočutý, pochopený a rešpektovaný.

I---------------------------------------------------------------------I

**Ciele a témy:**

Nepracovali sme alebo nehovorili sme o tom, o čom som chcel hovoriť alebo na čom som chcel pracovať.

Pracovali sme alebo hovorili o tom, o čom som chcel hovoriť alebo na čom som chcel pracovať.

I---------------------------------------------------------------------I

**Prístup alebo metóda:**

Prístup terapeuta mi nesedí.

Prístup terapeuta mi sedí.

I---------------------------------------------------------------------I

**Celkovo:**

Dnešnému stretnutiu niečo chýbalo.

Dnešné stretnutie bolo pre mňa celkovo v poriadku.

I---------------------------------------------------------------------I

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**Škála hodnotenia výsledku pre deti a mládež (CORS)**

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| Meno: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vek: \_\_\_\_\_\_\_\_  Pohlavie: chlapec / dievča  Stretnutie č. \_\_\_\_\_\_ Dátum: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Ako sa máš? Ako sa darí v tvojom živote? Prosím ťa, povedz nám to tak, že urobíš značku dole na čiarach. Čím bližšie k usmievavej tváričke, tým je to lepšie, čím bližšie k zamračenej, tým je to horšie. |

**Ja**

(Ako sa mám?)

I----------------------------------------------------------------------I



**Rodina**

(Ako sa darí v mojej rodine?)

I----------------------------------------------------------------------I



**Škola**

(Ako sa mi darí v škole?)

I----------------------------------------------------------------------I



**Celkovo**

(Ako sa celkovo darí?)

I----------------------------------------------------------------------I



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**Škála hodnotenia stretnutia pre deti a mládež (CSRS)**

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| --- |
| Meno: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vek: \_\_\_\_\_\_\_\_  Pohlavie: chlapec / dievča  Stretnutie č. \_\_\_\_\_\_ Dátum: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Ako sme dnes strávili náš spoločný čas? Prosím ťa, urob značku dole na čiarach, aby sme vedeli, ako si sa cítil. |

# Počúvanie

\_\_\_\_\_\_\_\_\_\_\_\_\_ ma nie vždy počúval.

\_\_\_\_\_\_\_\_\_\_\_

ma počúval.

I----------------------------------------------------------------------I



**Ako to bolo dôležité**

Čo sme robili a o čom sme rozprávali bolo pre mňa dôležité.

Čo sme robili a o čom sme rozprávali nebolo pre mňa príliš dôležité.

I----------------------------------------------------------------------I



**Čo sme robili**

Páčilo sa mi, čo sme dnes robili.

Nepáčilo sa mi, čo sme dnes robili.

I----------------------------------------------------------------------I



**Celkovo**

Prajem si, aby sme robili niečo iné.

Dúfam, že nabudúce budeme robiť to isté.

I----------------------------------------------------------------------I



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**Škála hodnotenia výsledku pre malé deti (YCORS)**

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|  |
| --- |
| Vyber si jednu z tváričiek, ktorá ukazuje, ako sa máš, ako sa ti darí. Alebo môžeš nižšie nakresliť takú, ktorá to najlepšie ukáže. |

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**Škála hodnotenia stretnutia pre malé deti (YCSRS)**

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| --- |
| Meno: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vek: \_\_\_\_\_\_\_\_  Pohlavie: chlapec / dievča  Stretnutie č. \_\_\_\_\_\_ Dátum: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Vyber si jednu z tváričiek, ktorá ukazuje, ako sa ti tu dnes páčilo. Alebo môžeš nižšie nakresliť takú, ktorá to najlepšie ukáže. |

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