IMPORTANT!

By downloading this file you have indicated your complete agreement and willingness to abide by the terms of the **ORS, SRS, CORS, CSRS, YCORS/SRS, and GSRS Binding License Agreement**

**1. Licensee: Y**ou are hereby licensed by PCOMS International, Inc (hereafter PCOMS) to use the ORS, SRS, CORS, CSRS, and the YCORS/SRS (hereafter the measures) for your individual use only. Any use of these measures by an agency, group practice, clinic, managed behavioral care organization, or government requires separate application for a group license and payment of appropriate fees. [Click here to apply for or obtain information regarding a group license](http://heartandsoulofchange.com/measures/group-license/).

**2. ORS, SRS, CORS, CSRS, and YCORS/SRS:** The measures mean any and all paper and pencil or electronic versions of the outcome and process measures, progress and process tracking systems, outcome and process screening, and outcome and process prognosis measurement.

**3. License:** Subject to the terms and conditions of this agreement, PCOMS grants to the licensee a license to use the measures in connection with the licensee’s bona fide health care practice. The administration and scoring manual, and any and all electronic versions or scoring products associated with the measures may NOT be copied, transmitted, or distributed by the licensee. Paper and pencil versions of the measures may be copied for use in connection with the licensee’s bona fide health care practice.

4**. Modifications**: The licensee may NOT modify, translate into other languages, change the context, wording, or organization of the measures or create any derivative work based on them. The licensee may put the measures into other written, non-electronic, non-computerized, non-automated formats provided that the content, wording, or organization are not modified or changed. The licensee may modify the item line length so that each prints out 10 cm.

**5. Copies, Notices, and Credits**: Any and all copies of the measures made by the licensee must include the copyright notice, trademarks, and other notices and credits on measures. Such notices may not be deleted, omitted, obscured or changed by the licensee. Since you are obtaining the license for individual use only, you may NOT distribute copies of the measures.

**6. Use, distribution, and Changes**: The measures may only be used and distributed by the licensee in connection with licensee’s bona fide health care practice and may not be used or distributed for any other purpose.

**7. Responsibility**: Before using or relying on the measures, it is the responsibility of the licensee to read and understand the *ORS and SRS Administration and Scoring Manual* or other publications that detail the use of the measures such as *Heroic Clients, Heroic Agencies*, or *On Becoming a Better Therapist*. It is also the responsibility of the licensee to ascertain their suitability for any and all uses made by the licensee. The measures are not diagnostic tools sand should not be used as such. The measures are not substitutes for an independent professional evaluation. Any and all reliance on the measures by the licensee is at the licensee’s sole risk and is the licensee’s sole responsibility. Licensee indemnifies PCOMS and it’s officers, directors, employees, representatives, and authors of the measures against, and hold them harmless from, any and all claims and law suits arising from or relating to any use of or reliance on the measures and related products provided by PCOMS. This obligation to indemnify and hold harmless includes a promise to pay any and all judgments, damages, attorney’s fees, costs and expenses arising from any such claim or lawsuit.

**8. Disclaimer**: Licensee accepts the measures and associated products “as is” without any warranty of any kind. PCOMS disclaims any and all implied warranties, including implied warranties of merchantability, fitness for a particular purpose, and non-infringement. PCOMS does not warrant that the measures are without error or defect. PCOMS shall not be liable for any consequential, indirect, special, incidental or punitive damages. The aggregate liability of PCOMS for any and all causes of action (including those based on contract, warranty, tort, negligence, strict liability, fraud, malpractice, or otherwise) shall not exceed the fee paid by the licensee to PCOMS. This license agreement, and sections 7 and 8 in particular, define a mutually agreed upon allocation of risk. The fee reflects such allocation of risk.

**9. Construction**: The language used in this agreement is the language chosen by the parties to express their mutual intent, and no rule of strict construction shall be applied against any party.

**10. Entire agreement**: This agreement is the entire agreement of the parties relating to the measures.

**11. Governing Law**: This agreement is made and entered into in the State of Florida and shall be governed by the laws of the State of Florida. In the event of any litigation or arbitration between the parties, such litigation or arbitration shall be conducted in Florida and the parties hereby agree and submit to such jurisdiction and venue.

**12. Modification**: This agreement may not be modified or amended.

**13. Transferability**: This agreement may not be transferred, bartered, loaned, assigned, leased, or sold by the licensee.

**14. Violations**: Violations of any provision or stipulation of this agreement will result in immediate revocation of this license. Punitive damages may be assessed.

**Graddfa Mesur Canlyniadau (ORS)**

|  |
| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Oed (Blynyddoedd):\_\_\_\_ Rhyw: G / BRhif Sesiwn \_\_\_\_ Dyddiad: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Pwy sy’n llenwi’r ffurflen hon? Ticiwch un: Fi fy hunan \_\_\_\_\_\_\_ Arall \_\_\_\_\_\_\_ Os ydych wedi ticio arall, beth yw eich perthynas â’r unigolyn hwn?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| O edrych yn ôl dros yr wythnos ddiwethaf, yn cynnwys heddiw, hoffem i chi ein helpu i ddeall sut rydych chi wedi bod yn teimlo drwy fesur sut mae pethau’n mynd i chi yn y meysydd canlynol o’ch bywyd. Mae marciau i’r chwith yn dangos lefelau isel a marciau i’r dde yn dangos lefelau uchel. *Os ydych yn llenwi’r ffurflen hon ar ran rhywun arall, nodwch sut rydych chi’n teimlo y mae o neu hi yn ei wneud.*  |

**AT SYLW CLINIGWYR:** I SICRHAU BOD YSGÔR YN GYWIR ARGRAFFWCH Y RADDFA FESUR I SICRHAU BOD LLINELLAU’R EITEMAU YN 10 CM O HYD. NEWIDIWCH Y FFURFLEN NES BO’R LLINELLAU YN CAEL EU HARGRAFFU YN YR HYD CYWIR. YNA DYLECH DDILEU’R NEGES HON.

**Yn Unigol**

(Lles personol)

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

**Gyda phobl eraill**

(Teulu, perthnasau agos)

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

**Yn gymdeithasol**

(Gwaith, ysgol, ffrindiau)

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

**Ar y cyfan**

(Eich lles yn gyffredinol)

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

Prosiect ‘The Heart and Soul of Change’

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

[www.heartandsoulofchange.com](http://www.heartandsoulofchange.com)

© 2000, Scott D. Miller a Barry L. Duncan

|  |
| --- |
|  40 |
| 35 |  |  |  |  |  |  |  |  |  | **Torbwynt SRS**  |
| 30 |  |  |  |  |  |  |  |  |  | Trafod |
| 25 |  |  |  |  |  |  |  |  |  | Torbwynt ORS  |
| 20 |  |  |  |  |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |  |  |
|  5 |  |  |  |  |  |  |  |  |  |  |
|  0 |  |  |  |  |  |  |  |  |  |  |
| Rhif y Sesiwn | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Graddfa Mesur Sesiwn (SRS V.3.0)**

|  |
| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Oed (Blynyddoedd):\_\_\_\_Rhif adnabod\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Rhyw: G / BRhif sesiwn \_\_\_\_ Dyddiad:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Nodwch pa mor dda yw’r sesiwn heddiw drwy roi marc yn agos at y llinell sy’n disgrifio eich profiadau oraf.  |

# Perthynas

Doeddwn i ddim yn teimlo fy mod wedi cael fy nghlywed, fy neall na fy mharchu

Roeddwn yn teimlo fy mod wedi cael fy nghlywed, fy neall a fy mharchu

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

**Nod a Phynciau**

Fe wnaethon ni weithio ar, a siarad am y pethau roeddwn i eisiau

*Ni* wnaethon ni weithio ar, na siarad am y pethau roeddwn i eisiau

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

**Dull**

Nid yw dull y therapydd yn

Iawn i mi

Mae dull y therapydd yn iawn i mi

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

**Ar y cyfan**

Ar y cyfan, roedd y sesiwn heddiw yn dda i mi

Roedd rhywbeth ar goll yn y sesiwn heddiw

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

Prosiect ‘The Heart and Soul of Change’

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

www.heartandsoulofchange.com

© 2002, Scott D. Miller, Barry L. Duncan, & Lynn Johnson

**Graddfa Mesur Canlyniadau’r Plentyn (CORS)**

|  |
| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Oed (Blynyddoedd):\_\_\_\_Rhyw: G / B \_\_\_\_\_\_\_\_\_Rhif Sesiwn \_\_\_\_ Dyddiad: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Pwy sy’n llenwi’r ffurflen hon? Ticiwch un: Plentyn \_\_\_\_\_\_\_ Gofalwr \_\_\_\_\_\_\_ Os gofalwr, beth yw eich perthynas â’r plentyn hwn?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Sut mae pethau efo chi? Sut mae pethau’n mynd yn eich bywyd? Rhowch farc ar y raddfa er mwyn rhoi gwybod i ni. Yr agosaf yw’r marc at y wyneb hapus, mae pethau yn dda. Yr agosaf yw’r marc at y wyneb anhapus, dydy pethau ddim mor dda. *Os ydych yn llenwi’r ffurflen hon ar ran rhywun arall, nodwch sut rydych chi’n teimlo y mae o neu hi yn ei wneud.* |

**Fi**

 (Sut mae pethau’n mynd efo fi?)

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

**Teulu**

(Sut mae fy nheulu?)

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

**Ysgol**

(Sut mae pethau’n mynd yn yr ysgol?)

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

**Popeth**

(Sut mae popeth yn mynd?)

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

Prosiect ‘The Heart and Soul of Change’

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

www.heartandsoulofchange.com

© 2003, Barry L. Duncan, Scott D. Miller, & Jacqueline A. Sparks

**Graddfa Mesur Sesiynau’r Plentyn (CSRS)**

|  |
| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Oed (Blynyddoedd):\_\_\_\_Rhyw: G / BRhif Sesiwn \_\_\_\_ Dyddiad:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Sut oedd ein hamser ni efo’n gilydd? Rhowch farc ar y llinellau isod i roi gwybod i ni sut rydych chi’n teimlo. |

# Gwrando

Roedd \_\_\_\_\_\_\_\_\_\_\_

yn gwrando arna i

Nid oedd \_\_\_\_\_\_\_\_\_\_\_\_\_\_ bob tro’n gwrando arna i

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

**Pa mor bwysig**

Roedd yr hyn wnaethon ni a’r hyn siaradon ni amdano yn bwysig i mi

Nid oedd yr hyn wnaethon ni na’r hun siaradon ni amdano yn bwysig i mi

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

**Be wnaethon ni**

Roeddwn yn hoffi’r hyn wnaethon ni heddiw

Nid oeddwn yn hoffi’r hyn wnaethon ni heddiw

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

**Ar y cyfan**

Gobeithio byddwn ni’n gwneud yr un math o bethau y tro nesaf

Hoffwn pe bae ni’n gwneud rhywbeth gwahanol

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

Prosiect ‘The Heart and Soul of Change’

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

www.heartandsoulofchange.com

© 2003, Barry L. Duncan, Scott D. Miller, Jacqueline A. Sparks

**Graddfa Mesur Canlyniadau Plentyn Ifanc (YCORS)**

|  |
| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Oed (Blynyddoedd):\_\_\_\_Rhyw: G / B\_\_\_\_\_Rhif sesiwn \_\_\_\_ Dyddiad: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Dewiswch un wyneb sy’n dangos orau sut mae pethau’n mynd efo chi. Neu, gallwch wneud llun o un sy’n iawn i chi.  |

Prosiect ‘The Heart and Soul of Change’

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

www.heartandsoulofchange.com

© 2003, Barry L. Duncan, Scott D. Miller, Andy Huggins, a Jacqueline A. Sparks

**Graddfa Mesur Sesiwn Plentyn Ifanc (YCSRS)**

|  |
| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Oed (Blynyddoedd):\_\_\_\_Rhyw: G / B \_\_\_\_\_Rhif Sesiwn \_\_\_\_ Dyddiad:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Dewiswch un wyneb sy’n dangos sut oedd hi i chi fod yma heddiw. Neu, gallwch wneud llun o un sy’n iawn i chi.  |

Prosiect ‘The Heart and Soul of Change’

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

www.heartandsoulofchange.com

© 2003, Barry L. Duncan, Scott D. Miller, Andy Huggins, & Jacqueline Sparks

**Graddfa Mesur Sesiynau Grŵp (GSRS)**

|  |
| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Oed (Blynyddoedd):\_\_\_\_Rhif adnabod \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Rhyw: G / BRhif sesiwn \_\_\_\_ Dyddiad:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Nodwch pa mor dda yw’r grŵp heddiw drwy roi marc yn agos at y llinell sy’n disgrifio eich profiadau oraf. |

# Perthynas

Roeddwn yn teimlo bod yr arweinydd a’r grŵp yn fy neall, fy mharchu ac yn fy nerbyn.

Nid oeddwn yn teimlo bod yr arweinydd a/neu’r grŵp yn fy neall, fy mharchu a/neu’n fy nerbyn

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

**Nod a Phynciau**

*Ni* wnaethon ni weithio ar, na siarad am y pethau roeddwn i eisiau

Fe wnaethon ni weithio ar, a siarad am y pethau roeddwn i eisiau

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

**Dull**

Mae dull yr arweinydd a’r grŵp yn gweddu i mi

Nid yw dull yr arweinydd a/neu’r grŵp yn gweddu i mi

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

**Ar y cyfan**

Roedd rhywbeth ar goll yn y grŵp heddiw — nid oeddwn yn teimlo’n rhan o’r grŵp

Ar y cyfan, roedd y grŵp heddiw yn iawn i mi — roeddwn yn teimlo’n rhan o’r grŵp

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

Prosiect ‘The Heart and Soul of Change’

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

www.heartandsoulofchange.com

© 2007, Barry L. Duncan a Scott D. Miller

**Graddfa Mesur Sesiynau Grŵp y Plentyn (CGSRS)**

|  |
| --- |
| Enw \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Oed (Blynyddoedd):\_\_\_\_Rhyw: G / BRhif Sesiwn \_\_\_\_ Dyddiad:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

|  |
| --- |
| Sut oedd ein grŵp ni heddiw? Rhowch farc ar y llinellau isod i roi gwybod i ni sut rydych chi’n teimlo. |

Roedd yr arweinydd a’r grŵp yn gwrando arna i ac yn fy hoffi

Nid oedd yr arweinydd neu’r grŵp yn gwrando arna i nac yn fy hoffi

# Gwrando

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

**Pa mor bwysig**

Fe wnaethon ni siarad am, a gwneud pethau pwysig

Ni wnaethon ni siarad am, na gwneud pethau pwysig

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

**Be wnaethon ni**

Roeddwn yn hoffi’r hyn wnathon ni heddiw

Nid oeddwn yn hoffi’r hyn wnaethon ni heddiw

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

**Ar y cyfan**

Roedd heddiw yn dda i mi — roeddwn yn teimlo’n rhan o’r grŵp

Nid oedd heddiw yn dda i mi – nid oeddwn yn teimlo’n rhan o’r grŵp yma

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

Prosiect ‘The Heart and Soul of Change’

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

www.heartandsoulofchange.com

© 2011, Barry L. Duncan, Scott D. Miller, Jacqueline A. Sparks, & John J, Murphy