

Introducing a measurement and assessment tool to therapy.

1. What is measurement in therapy?

Measurement involves the completion of **assessments** throughout the therapy process.

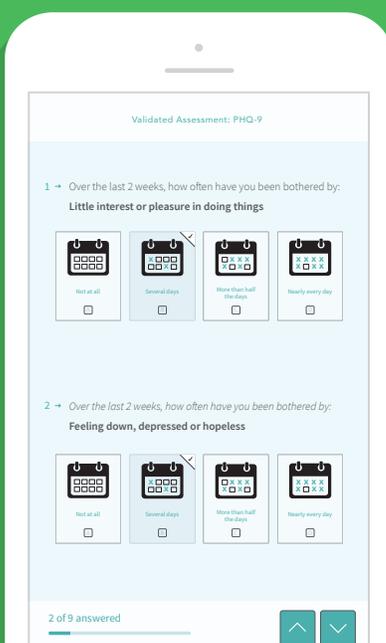
- These assessments are developed and medically validated through scientific research.
- All assessments are between 4 and 20 questions.
- Some assessments are meant to be completed more frequently than others. You may be asked to complete an assessment once every 1, 2, 4 or 8 weeks. In some cases, you may be asked to complete a short assessment twice per week.

2. Why is it so important?

Medical research shows that the ongoing and consistent measurement of progress throughout therapy leads to significantly improved treatment outcomes - including a 3.5x higher likelihood of experiencing significant and reliable change in therapy.

There are two main reasons for this. First, measurement provides a therapist more feedback and information about a client's progress in therapy. This results in improved decision-making, reduced biases and earlier detection of health changes (among other benefits). Second, the ability to view your symptoms and progress provides you with added transparency and control over your treatment process.

3. How Greenspace Works.



A) Register

Your therapist will provide you with a **unique invite link**, that you can use to register for an account. If you do not receive this invite link, you can also visit **www.grnspace.com** and select 'Sign Up'. Here you will enter some basic personal information and select whether to receive assessments by email or sms (text message).

B) Complete Assessments

When it is time to complete an assessment, you will receive an email or sms containing a link to the assessment that has been selected by your therapist. The assessments are short, and can be easily completed on any device.

C) View Results

Visit www.grnspace.com to log in to your secure and encrypted account. You and your therapist can review assessment results and overall progress.