

2024

# CLIENT OUTCOMES REPORT

PREPARED BY



**Cristina's Counseling**  
AND RECOVERY

# Clinical Outcomes Report for 2024

## Therapy Practice Overview

This report summarizes the clinical outcomes and key metrics for Cristina's Counseling and Recovery, LLC in 2024. The data reflects client intake, retention, symptom improvement, and session attendance. The practice addresses a wide range of client issues, including anxiety, depression, generational trauma, addiction, eating disorders, PTSD, bipolar management, life skills coaching, and court-mandated therapy.

## Summary of Outcomes

### **1). Client Retention:**

The practice retained 90.96% of clients, with 9.04% discharging early due to financial reasons or lack of response.

### **2). Symptom Improvement:**

77.92% of clients reported improvement by the 4th session, indicating early progress in therapy.

An additional 13.04% reported improvement by the 7th session, demonstrating continued progress for clients with more complex needs.

Overall, 90.96% of clients reported symptom improvement, reflecting the effectiveness of the therapeutic interventions.

### **3). Session Attendance:**

The no-show rate was 1.81%, indicating strong client engagement and commitment to the therapeutic process.

