**SESSION 1**

**Patient ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Therapist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Evaluator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Part I: Essential Elements**

1. Therapist presented an overview of the treatment program? Yes No

2. Therapist discussed factors that maintain post-trauma reactions:

avoidance and negative, trauma-related thoughts and beliefs? Yes No

3. Therapist described imaginal exposure? Yes No

4. Therapist described in vivo exposure? Yes No

5. Therapist explained that confrontation with distressing memories or situations:

* Helps reduce excessive fear and gain realistic perspective on trauma Yes No
* Helps patient learn that trauma-related memories and situations

are not dangerous and that patient can handle them Yes No

* Helps patient to learn to better discriminate trauma reminders

from the trauma itself Yes No

* Reduces PTSD symptoms Yes No

6. Therapist explains that therapy is intensive and can be distressing; patient may

call between sessions for support (therapist provides contact information) Yes No

7. Therapist presented rationale for breathing retraining? Yes No

8. Therapist instructed client on breathing and coached through breathing in session? Yes No

9. Rate the adequacy of the therapist’s work regarding these Essential Elements:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

10. Rate the degree to which the patient’s responses indicated understanding of the rationale:

1 = Poor Understanding 2 = Fair 3 = Satisfactory 4 = Good 5 = Excellent Understanding

**Part II: Essential but not Unique Elements**

1. Therapist established good rapport with the patient? Yes No

2. Therapist engaged with client in a professional manner? Yes No

3. Therapist structured therapy time efficiently? Yes No

4. Therapist administered the Trauma Interview? Yes No

5. Therapist assigned homework? Yes No

6. Rate the adequacy of the therapist regarding Essential but not Unique Elements:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

**Part III: Adherence Questions**

1. Therapist implemented interventions that are not included in this manual

or model of treatment, except as clearly dictated by client safety needs? Yes No

2. Therapist and client engaged in more than 15 minutes of off-task discussion? Yes No

**Part IV: Overall Session Elements**

1. How difficult do you think this patient was to work with in this session?

1 = Not Difficult 2 = Somewhat 3 = Moderately 4 = Very 5 = Extremely Difficult

2. Did any significant problems arise during the session that led to a departure from

the treatment plan? (If yes answer a & b below) Yes No

a. Should the therapist have deviated from the planned session? Yes No

b. Rate the adequacy with which the therapist dealt with the problems that led

to a departure from the treatment plan:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

3. Rate the therapist’s overall skill as demonstrated for this reason:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

4. Additional comments regarding the conduct of this session:

**SESSION 2**

**Patient ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Therapist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Evaluator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Part I: Essential Elements**

1. Therapist reviewed homework and gave feedback? Yes No

2. Therapist discussed common reactions to trauma with client? Yes No

3. Therapist elicited and normalized client’s reactions to trauma during discussion? Yes No

4. Therapist discussed the rationale for treatment, with emphasis on in vivo exposure? Yes No

5. Therapist explained that avoidance works in the short term to reduce anxiety,

but in the long run, maintains PTSD symptoms and prevents new learning. Yes No

6. Therapist explained that exposure:

* Blocks avoidance and prevents negative reinforcement Yes No
* Disconfirms patient’s belief that exposure to the feared situation will

result in the anticipated harm Yes No

* Disconfirms the belief that anxiety lasts forever Yes No
* Results in habituation Yes No
* Increases patient’s confidence and sense of competence Yes No

7. Therapist introduced the Subjective Units of Distress Scale (SUDS) and

established anchor points? Yes No

8. Therapist and client developed in vivo exposure hierarchy, aiming for

at least 10 avoided situations? Yes No

9. Therapist assigned Session 2 homework? Yes No

10. Rate the adequacy of the therapist regarding Essential Elements:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

11. Rate the degree to which patient’s responses indicated understanding of the rationale:

1 = Poor Understanding 2 = Fair 3 = Satisfactory 4 = Good 5 = Excellent Understanding

**Part II: Essential but not Unique Elements:**

1. Therapist established good rapport with patient? Yes No

2. Therapist engaged with patient in a professional manner? Yes No

3. Therapist structured therapy time efficiently? Yes No

4. Rate the adequacy of the therapist regarding Essential but not Unique Elements:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

**Part III: Adherence Questions**

1. Therapist implemented interventions that are not included in this manual

or model of treatment, except ad clearly dictated by client safety? Yes No

2. Therapist and client engaged in more than 15 minutes of off-task discussion? Yes No

**Part IV: Overall Session Elements**

1. How difficult do you think this patient was to work with in this session?

1 = Not Difficult 2 = Somewhat 3 = Moderately 4 = Very 5 = Extremely Difficult

2. Did any significant problems arise during the session that led to a departure from

the treatment plan? (if yes answer a & b below) Yes No

a. Should the therapist have deviated from planned session? Yes No

b. Rate the adequacy with which the therapist dealt with the problems that

led to a departure from the treatment plan:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

3. Rate the therapist’s overall skill as demonstrated for this session:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

4. Additional comments regarding the conduct of this session:

**SESSION 3**

**Patient ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Therapist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Evaluator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Part I: Essential Elements**

1. Therapist reviewed homework and gave feedback? Yes No

2. Therapist explained rationale for imaginal exposure? Yes No

3. Therapist explained that avoidance works in the short run, but in the long run,

maintains PTSD symptoms; symptoms represent “unfinished business” Yes No

4. Therapist explained the goal of revisiting and recounting the trauma memory:

* Process, organize the traumatic memories Yes No
* Increase differentiation between “remembering” the trauma and being
* “re-traumatized” again; learn that memories of the trauma are not dangerous Yes No
* Bring out habituation Yes No

5. Therapist presented analogy (e.g., bad meal, file cabinet, book with scary parts) Yes No

6. Therapist gave client instructions to carry out the imaginal exposure in the session? Yes No

7. Therapist monitored SUDS ratings about every 5 minutes? Yes No

8. Therapist used appropriate reinforcing comments during imaginal exposure? Yes No

9. Imaginal exposure lasted between 30-45 minutes? Yes No

10. Therapist processed the imaginal exposure experience with client? Yes No

11. Therapist explained how to listen to imaginal exposure recordings at home? Yes No

12. Therapist assigned homework? Yes No

13. Rate the adequacy of the therapist regarding Essential Elements:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

13. Rate the degree to which the patient’s responses indicated understanding of the rationale:

1 = Poor 2 = Fair 3 = Satisfactory 4 = Good 5 = Excellent

Understanding Understanding

**Part III: Essential but not Unique Elements:**

1. Therapist maintained good rapport with patient? Yes No

2. Therapist engaged with client in a professional manner? Yes No

3. Therapist structured therapy time efficiently? Yes No

4. Rate the adequacy of the therapist regarding Essential but not Unique Elements:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

**Part III: Adherence Questions**

1. Therapist implemented interventions that are not included in this manual

or model of treatment, except as clearly dictated by client safety? Yes No

2. Therapist and client engaged in more than 15 minutes of off-task discussion? Yes No

**Part IV: Overall Session Elements**

1. How difficult do you think this patient was to work with in this session?

1 = Not Difficult 2 = Somewhat 3 = Moderately 4 = Very 5 = Extremely Difficult

2. Did any significant problems arise during the session that led to a departure from

the treatment plan? (if yes answer a & b below) Yes No

a. Should the therapist have deviated from the planned session? Yes No

b. Rate the adequacy with which the therapist dealt with the problems

that led to a departure from the treatment plan:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

3. Rate the therapist’s overall skill as demonstrated for this session:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

4. Additional comments regarding the conduct of this session:

**SESSION 4**

**Patient ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Therapist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Evaluator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Part I: Essential Elements**

1. Therapist reviewed homework and gave feedback? Yes No

2. Therapist oriented the client to the exposure planned for that particular session? Yes No

3. Therapist conducted imaginal exposure for 30-45 mins and monitored SUDS? Yes No

4. Therapist used reinforcing comments and elicited thoughts and feelings

as appropriate? Yes No

5. Therapist prompted for present tense, closed eyes if necessary? Yes No

6. Therapist reiterated the rationale if necessary? Yes No

7. Therapist discussed and processed client’s reactions to the imaginal exposure? Yes No

8. Therapist assigned in vivo and imaginal exposure homework? Yes No

9. Rate the adequacy of the therapist regarding Essential Elements:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

11. Rate the degree to which patient’s responses indicated understanding of the rationale:

1 = Poor 2 = Fair 3 = Satisfactory 4 = Good 5 = Excellent N/A

Understanding Understanding

**Part II: Essential but not Unique Elements:**

1. Therapist maintained good rapport with patient? Yes No

2. Therapist engaged with client in a professional manner? Yes No

3. Therapist structured therapy time efficiently? Yes No

4. Rate the adequacy of the therapist regarding Essential but not Unique Elements:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

**Part III: Adherence Questions**

1. Therapist implemented interventions that are not included in this manual or model

of treatment, except as clearly dictated by client safety? Yes No

2. Therapist and client engaged in more than 15 minutes of off-task discussion? Yes No

**Part IV: Overall Session Elements**

1. How difficult do you think this patient was to work with in this session?

1 = Not Difficult 2 = Somewhat 3 = Moderately 4 = Very 5 = Extremely Difficult

2. Did any significant problems arise during the session that led to a departure from the

treatment plan? (if yes then answer a & b below) Yes No

* 1. Should the therapist have deviated from the planned session?

b. Rate the adequacy with which the therapist dealt with the problems that led

to a departure from the treatment plan:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

3. Rate the therapist’s overall skill as demonstrated for this session:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

4. Additional comments regarding the conduct of this session:

**SESSIONS 5 to NEXT-TO-FINAL**

**Patient ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Therapist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Evaluator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Part I: Essential Elements**

1. Therapist reviewed homework and gave feedback? Yes No

2. Therapist oriented the client to the exposure planned for that particular session? Yes No

3. If “hotspots” procedure introduced for first time, therapist explained the rationale

for focusing the revisiting on the hotspots? Yes No

4. Therapist helped patient to identify hotspots as needed? Yes No

5. Therapist conducted imaginal exposure for 30-45 mins and monitored SUDS? Yes No

6. Therapist used reinforcing comments and elicited thoughts and feelings as

appropriate? Yes No

7. Therapist prompted for present tense, closed eyes if necessary? Yes No

8. Therapist reiterated the rationale if necessary? Yes No

9. Therapist discussed and processed client’s reactions to the imaginal exposure? Yes No

10. Therapist assigned in vivo and imaginal exposure homework? Yes No

11. Therapist explained how to listen to imaginal exposure recordings at home? Yes No

12. Rate the adequacy of the therapist regarding Essential Elements:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

14. Rate the degree to which patient’s responses indicate understanding of the rationale:

1 = Poor 2 = Fair 3 = Satisfactory 4 = Good 5 = Excellent

Understanding Understanding

**Part II: Essential but not Unique Elements:**

1. Therapist maintained good rapport with the patient? Yes No

2. Therapist engaged with client in a professional manner? Yes No

3. Therapist structured therapy time efficiently? Yes No

4. Rate the adequacy of the therapist regarding Essential but not Unique Elements:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

**Part III: Adherence Questions**

1. Therapist implemented interventions that are not included in this manual or model

of treatment, except as clearly dictated by client safety? Yes No

2. Therapist and client engaged in more than 15 minutes of off-task discussion? Yes No

**Part IV: Overall Session Elements**

1. How difficult do you think this patient was to work with in this session?

1 = Not Difficult 2 = Somewhat 3 = Moderately 4 = Very 5 = Extremely Difficult

2. Did any significant problems arise during the session that led to a departure from the

treatment plan? (if yes answer a & b below) Yes No

a. Should the therapist have deviated from the planned session? Yes No

b. Rate the adequacy with which the therapist dealt with the problems that

led to a departure from the treatment plan:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

3. Rate the therapist’s overall skill as demonstrated for this session:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

4. Additional comments regarding the conduct of this session:

**FINAL SESSION**

**Patient ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Therapist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Evaluator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Part I: Essential Elements**

1. Therapist reviewed homework? Yes No

2. Therapist oriented the client to working on entire memory? Yes No

3. Therapist conducted imaginal exposure about 15-20 and monitored SUDS? Yes No

4. Therapist used reinforcing comments and elicited thoughts and feelings as

Appropriate? Yes No

5. Therapist prompted for present tense, closed eyes if necessary? Yes No

6. Therapist reiterated the rationale if necessary? Yes No

7. Therapist discussed and processed client’s reactions to the imaginal exposure? Yes No

8. Therapist reviewed treatment progress with client? Yes No

9. Therapist discussed future goals in targeting areas that still need to be confronted? Yes No

10. Therapist normalized and discussed how to deal with symptoms increases

(e.g., discussed relapse prevention) Yes No

11. Rate the adequacy of the therapist regarding Essential Elements:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

12. Rate the degree to which the patient’s responses indicate that he or she understands

the importance of continuing to apply what was learned in treatment:

1 = Poor 2 = Fair 3 = Satisfactory 4 = Good 5 = Excellent

Understanding Understanding

**Part II: Essential but not Unique Elements:**

1. Therapist encouraged client to use skills learned during treatment? Yes No

2. Therapist maintained good rapport with patient? Yes No

3. Therapist engaged with client in a professional manner? Yes No

4. Therapist structured therapy time efficiently? Yes No

5. Rate the adequacy of the therapist regarding Essential but not Unique Elements:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

**Part III: Adherence Questions**

1. Therapist implements interventions that are not included in this manual or model of

treatment, except as clearly dictated by client safety? Yes No

2. Therapist and client engaged in more than 15 minutes of off-task discussion? Yes No

**Part IV: Overall Session Elements**

1. How difficult do you think this patient was to work with in this session?

1 = Not Difficult 2 = Somewhat 3 = Moderately 4 = Very 5 = Extremely Difficult

2. Did any significant problems arise during the session that led to a departure from

the treatment plan? (if yes answer a & b below) Yes No

a. Should thetherapist have deviated from the planned session? Yes No

1. Rate the adequacy with which the therapist dealt with the problems that

Led to a departure from the treatment plan:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

3. Rate the therapist’s overall skill as demonstrated for this session:

1 = Poor 2 = Mediocre 3 = Satisfactory 4 = Good 5 = Excellent

4. Additional comments regarding the conduct of this session: