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CBT IDEAL DIALOGUE

Below are example dialogue statements that you may hear from a therapist during a CBT therapy session. These examples demonstrate poor (incomplete) or ineffective skills by the therapist. For each example, construct a corrected dialogue that demonstrates a therapist's effective use of the skills. See rubric for points distribution.

1. Greeting the client/Introductions:

Therapist: "Hi, glad you are here. Let's get started with our session."

Corrected Dialogue: Hello! My name is Claire. What is your name? _____ Is that what you prefer to be called? Great! It's nice to meet you.

2. Mood Check:

Therapist: "How has your week been? How have you been feeling overall?"

Corrected Dialogue: Every week, we will start our sessions with a mood check. This will help us get a better idea of how you are doing and how your anxiety/depression/mood changes over time. On a scale of 1 to 10, 1 being the best your anxiety has ever been (no issues and cool as a cucumber) to 10 (the most anxiety you have ever felt in your life) where on that scale would you put yourself today?

3. Setting the agenda:

Therapist: Today I want to focus on the things I have noticed are causing you to feel depressed. I think that should be alright with you, is it?

Corrected Dialogue: Today we will go through a little bit of paperwork information, we will talk about the modality of therapy we use here at this agency and how helpful you think that may be to you, we will talk about what brings you here today and the goals you have for your therapeutic experience as a whole and then we end the session with you giving me some feedback and making plans for our next session. Does this sound ok to you?

4. Confidentiality:

Therapist: Anything that you say to me will be kept with me, in therapy we call that being confidential.

Corrected Dialogue: When you came into the office today, you signed some paperwork out in the front office. Sometimes, we look at paperwork without actually reading it through (I am very guilty of this) and we don't get all of the necessary information. So, I want to be absolutely certain we go over this information before we begin today. This information is about the confidentiality of our sessions. The vast majority of the things you say in this room and in our sessions will be kept completely confidential. I want you to feel safe sharing what you need to share here. However, there is a small caveat to this confidentiality. Part of me wanting to maintain your safety is that if you share with me that you have plans to harm yourself or someone else (specifically someone who is incapable of protecting themselves like the elderly, children and those who are disabled) I do have to report that to the proper authorities. This includes if you share information with me about someone being hurt by someone else. Safety is extremely important to me and I want to do my best to maintain it for everyone. Does this make sense?

5. Elicit Feedback:

Therapist: I think things went well, do you have any complaints about the session today?

Corrected Dialogue: Now that you have been through your first session, do you have any feedback for me? I am more than happy to receive any positive or constructive feedback you may have.

Points

1= attempted correction with a little improvement

2= provided minimal correction

3= corrected the statements completely

CBT Ideal Dialogue Rubric

Skill Demonstrated	Possible Points	Score
Greeting Client	3	
Mood Check	3	
Setting the Agenda	3	
Confidentiality	3	
Elicit Feedback	3	