

NAME: _____ Rachel _____

CBT FEEDBACK

Specific feedback from your video...

In your final video be sure that your setting and your dress is as professional as possible. Look through the camera and see what your setting looks like.

I have typed up the items on the rubric that represent the highest scores and added in tips and reminders. Please use this as a resource.

The content below – what is listed below is the basic format of a solid CBT session. When you record the video its ok to use notes and even write out some basic CBT appropriate questions to ask the client...so you are prepared and leading the session.

Rachel this was a great video, includes so much strong CBT content!

You have good collaboration with the client. I would suggest trying to ask one question at a time. Great content and explanation of cognitive distortions and normalizing them. Fantastic job highlighting specific ones you are hearing from the client. Great if then...technique and evidence questions. You are ready to tackle even more techniques (chapter 15)...not required for the final video or paper, but you are ready.

FEEDBACK CBT FINAL VIDEO	FEEDBACK AND REMINDERS/TIPS
<p>When you record your video, make sure to have notes that you refer to so that you cover all parts of the session. It would be good to coach your pseudo client regarding the problem you would like them to “have” and fill out the homework so that they have something to go over with you.</p>	
<p>MOOD CHECK (connected to the problem prioritized)</p>	
<p>Therapist worked with client to perform a mood check that made a connection between the feelings and a level of intensity.</p>	<p>-Identify ONE specific emotion/mood/issue to check -Use a 1 -10 scale, stating what a 1 means (i.e. no stress) and 10 means (i.e. highest stress). ** Can you tell me in a sentence or two how you felt most of the week (specific “anxiety” “stress” “depressed mood” etc.? Connect feelings and level of intensity (1-10).</p>
<p>AGENDA</p>	
<p>Therapist worked with client to set an appropriate agenda with target problems, suitable for the available time. Established priorities and then followed agenda.</p>	<p>Briefly state each part of the session to remind the client of what to expect...<i>mood check, brief update on how they are, ID the problem, prioritize problem, set goals, talk about CBT (educate), work on a problem, come up with some homework, summarize the session and ask for feedback.</i> **Be sure to ask: Is there anything you would like to add to the agenda today?</p>
<p>UPDATE FROM PREVIOUS SESSION</p>	
<p>Therapist effectively asked questions of client’s perception of the previous session and addressed the client’s responses. The bridge furthered the client’s understanding of the therapeutic process.</p>	<p>-Be sure to ask about specific emotions/thinking, etc. that is related to the primary issues addressed in the last session.</p>
<p>REVIEW HOMEWORK</p>	<p>*Utilize the content from their homework (what they</p>

<p>-Therapist reviewed previous homework by having the client read aloud the assignment from the previous session, -used scaling questions to rate client’s progress, -reviewed any behavioral assignments and checked for lessons learned, -and discussed which assignments would be helpful to continue during the coming week.</p>	<p>tell you they did specific to CBT and what you assigned) to continue to address the overall problem/concerns. **You can use scaling questions to rate progress...see what the client learned from their homework, discuss what is helpful to continue doing in the homework.</p>
<p>PRIORITIZED THE AGENDA</p>	
<p>Therapist worked with client to summarize the topics, collaboratively prioritize the agenda items, appropriately move discussion items of less importance to a future session, and then, successfully followed the agenda throughout the session – at times helpfully guiding the client back to the topics.</p>	<p>-This is where you find out what one thing is the most important concern the client wants to focus on (of course that is CBT appropriate). -Use this one issue to keep the session on track.</p>
<p>WORKING ONE PROBLEM & EDUCATING ON CBT</p>	
<p>Therapist addressed cognitive distortions in a way that the client clearly understood and was able to make progress about in the session.</p>	<p>-Effectively explain CBT overall -Include the relationship between thoughts impacting emotions which leads to behavior. -Include automatic thoughts, difference between thoughts and emotions.</p> <p>** It may be helpful to say to the client...let’s review the problem you have been having...let’s turn these problems into goals. How would you like ..to be different? What would that look like? This will help you know what exactly to work on...and help guide the whole process of the intervention. Be sure to state the basics, that our thoughts effect our feelings which affect our behaviors. We can evaluate our thoughts and change our thoughts. This will change our feelings and behavior. --It may help to ask them to think about a time in the last week where they were particularly upset (anxiety, stress, etc.) and have them tell you about the situation and focus on their thoughts. Educate and address cognitive distortions.</p>
<p>HOMEWORK</p>	
<p>Therapist followed a consistent strategy for change and incorporated the most appropriate cognitive-behavioral techniques which he/she reviewed at the end of the session.</p>	<p>-Homework is related to the client’s specific problem/issue -Homework is realistic (number of times done, how often, etc.) -Homework is based on CBT content and moves the client forward in learning CBT skills. Be careful to make it clear to the client “why/how” the homework will be helpful.</p>

SUMMARY & FEEDBACK	
<p>Therapist was especially adept at eliciting and responding to verbal and nonverbal feedback throughout the session and provided an effective summary at end of session and elicited client feedback.</p>	<p>-Provides a brief summary of the whole session, highlighting the most important information...or had the client summarize and then added information in as appropriate.</p> <p>-Verify with the client that the summary was accurate from their point of view.</p> <p>-This is the time to briefly highlight important concepts or progress made.</p> <p>**Ask several questions...such as what did you think of today's session? Is there anything that bothered you? Is there anything that I got wrong? Is there anything you would like me to do differently next time?</p>