



Counsellor's Name: _____	Rater's Name: _____	Trial ID: _____
Date of Session: _____	Date of Rating: _____	Session #: _____ Phase #: _____
() Self Rating = 1	() Peer Rating = 2	() Supervisor Rating = 3 () Peer Supervisor Rating=4
() Audiotape = 1	() Live = 2	() Written Transcript =3
() Group Session = 1		() Individual Session =2

Scoring Legend

0 = **Not at all**; skill not performed
 1 = **Poor**; inappropriate performance with major problems evident; skill delivery is not useful in session
 2 = **Adequate**; skill performed adequately with some problems and/or inconsistencies
 3 = **Good**; Skill performed appropriately; minimal problems and/or inconsistencies; well-timed
 4 = **Excellent**; Skill is highly developed; helpful to patient even in the face of patient difficulties; well-timed and consistently well-performed

Treatment-Specific Skills (ALL SESSIONS)

Item	Description	Rating						
1. Establishes and follows Agenda	Works collaboratively w/pt to make and follow a specific agenda to structure the session and maintain focus on activation	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable	
2. Reviews Homework	Reviews and makes use of previously assigned homework w/pt	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable	
3. Uses HAP Model	Personalizes HAP model for specific pt, uses model to guide selection of specific strategies	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable	
4. Deals with other barriers arising in session	Deals with other challenges that arise in the session (e.g., lack of privacy, interruptions/distractions during the session, patient crying excessively, uncooperative significant other)	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable	
5. Assigns HW	Develops 1+ tasks for the pt to engage in between sessions	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable	
6. Involves SO	Involves or enquires about involving significant other in treatment	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable	
7. Suicide Risk Assessment	Assesses the degree of risk and taking appropriate steps based on the assessment	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable	
Total Score: _____		Mean Score: Total Number/(7-N/As) = _____						



BEGINNING Phase Only

Item	Description	Rating					
8. Getting to know the patient	Asking appropriate questions and obtaining information relevant to the Healthy Activity Model of DD	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
9. Elicits a Commitment	Obtaining an agreement with the patient to participate in counselling	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
Total Score: _____		Mean Score: Total Number/(2-N/As) = _____					

MIDDLE Phase Only

Item	Description	Rating					
10. Selecting Targets for Change	Selects promising targets for positive changes based on assessment of patient's problem/s (↑ activation or ↓ maladaptive behaviour)	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
11. Uses activation skillfully	Structures and schedules activities appropriately including addressing barriers	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
12. Uses problem-solving skillfully	Defines problem, generate solutions and selects appropriate solution in collaboration w/pt	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
13. Uses appropriate strategies to deal with specific problems	Selects other strategies when needed and applies them skillfully (e.g., relaxation for anxiety and thinking too much, communication skills)	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
Total Score: _____		Mean Score: Total Number/(4-N/As) = _____					

ENDING Phase Only

Item	Description	Rating					
14. Reviews Skills learned	Includes going over the specific actions that helped overcome problems, recognising the patient's efforts and encouraging use of skills across life situations	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
15. Preparing to stay well	Listing the activities to be increased or decreased and identifying how to do this when future difficulties arise	0 Not Done	1 Poor	2 Adequate	3 Good	4 Excellent	N/A Not Applicable
Total Score: _____		Mean Score: Total Number/(2-N/As) = _____					



General Skills

Item	Description	Rating					
16. Non-Judgemental	Is non-judgemental and matter-of-fact in communication with patient. Does NOT blame or criticize the mother for her problems	0 <small>Not Done</small>	1 <small>Poor</small>	2 <small>Adequate</small>	3 <small>Good</small>	4 <small>Excellent</small>	N/A <small>Not Applicable</small>
17. Encouraging	Encourages the patient's progress even in fact of obstacles	0 <small>Not Done</small>	1 <small>Poor</small>	2 <small>Adequate</small>	3 <small>Good</small>	4 <small>Excellent</small>	N/A <small>Not Applicable</small>
18. Expresses Warmth	Displays warmth and care during the session and appears natural and genuine in interactions with pt	0 <small>Not Done</small>	1 <small>Poor</small>	2 <small>Adequate</small>	3 <small>Good</small>	4 <small>Excellent</small>	N/A <small>Not Applicable</small>
19. Acknowledges pt's experience	Shows that he/she understood pt's experience	0 <small>Not Done</small>	1 <small>Poor</small>	2 <small>Adequate</small>	3 <small>Good</small>	4 <small>Excellent</small>	N/A <small>Not Applicable</small>
20. Empathy	Attempts to demonstrate accurate understand understanding of pt's understanding; normalizes pt's experiences, acknowledges patient experience	0 <small>Not Done</small>	1 <small>Poor</small>	2 <small>Adequate</small>	3 <small>Good</small>	4 <small>Excellent</small>	N/A <small>Not Applicable</small>
21. Collaboration	Conveys words/actions that therapy is collaborative (vs. counsellor being in charge) where pt is an active participant	0 <small>Not Done</small>	1 <small>Poor</small>	2 <small>Adequate</small>	3 <small>Good</small>	4 <small>Excellent</small>	N/A <small>Not Applicable</small>
22. Summarize	Reinforces what has been said, shows that he/she has been listening carefully and prepares pt to move on	0 <small>Not Done</small>	1 <small>Poor</small>	2 <small>Adequate</small>	3 <small>Good</small>	4 <small>Excellent</small>	N/A <small>Not Applicable</small>
23. Open-ended Questions	Uses open-ended questions (beyond yes/no responses)	0 <small>Not Done</small>	1 <small>Poor</small>	2 <small>Adequate</small>	3 <small>Good</small>	4 <small>Excellent</small>	N/A <small>Not Applicable</small>
24. Active Listening	Demonstrates effective listening through non verbal behaviour (e.g. maintaining eye contact) and verbal behaviour (e.g. reflection)	0 <small>Not Done</small>	1 <small>Poor</small>	2 <small>Adequate</small>	3 <small>Good</small>	4 <small>Excellent</small>	N/A <small>Not Applicable</small>
25. Reflection	Mirrors back either thought or content to convey understanding of what the patient says/feels	0 <small>Not Done</small>	1 <small>Poor</small>	2 <small>Adequate</small>	3 <small>Good</small>	4 <small>Excellent</small>	N/A <small>Not Applicable</small>
Total Score: _____		Mean Score: Total Number/(10-N/As) = _____					

Total Mean Score: _____ + _____ + _____ = _____
(Mean Tx-specific)(Mean Tx Phase-Specific)(Mean Generic) (Total Score)

Item	Rating				
How difficult was the patient to work with?	0 <small>Not Difficult</small>	1	2 <small>Moderately Difficult</small>	3	4 <small>Extremely Difficult</small>
How would you rate the quality of the audiotape?	0 <small>Poor</small>	1	2 <small>Adequate</small>	3	4 <small>Excellent</small>
Overall, how would you rate the counsellor?	0 <small>Poor</small>	1	2 <small>Adequate</small>	3	4 <small>Excellent</small>
Total Score: _____		Mean Score: Total Number/(3) = _____			

Comments: