

Appendix

CBT for PTSD Fidelity Scale

Therapist: _____ Location: _____

Client ID: _____ Session #: _____ Date of Session: _____

Rater: _____ Date of Rating: _____

For each item, assess the therapist on a scale of 1-5 and record the rating on the line next to the item number.

1	2	3	4	5	NA
Poor	Borderline	Satisfactory	Good	Excellent	Not Applicable

____ 1. **Agenda Setting**

Articulate specific agenda
Identify other issues
Implement specific agenda

____ 2. **Homework Review**

Review prior homework
Praise all efforts
Troubleshoot obstacles

____ 3. **Overview of Program**

Focus of treatment program
Length of program & logistics
Description of treatment components

____ 4. **Crisis Plan**

Rationale
Discussion of nature of crises
Warning signs of crisis
Identification of resources
Discussion of response plan
Written crisis plan

____ 5. **Breathing Retraining**

Rationale
Explanation
Demonstration

Practice by client

- ___ **6. Use of Educational Materials**
 - Utilize handouts & worksheets
 - Distribute & review materials
 - Elicit & answer questions

- ___ **7. Psychoeducation**
 - Information about trauma & PTSD
 - Information about associated symptoms
 - Elicit client's symptoms
 - Answer questions

- ___ **8. Cognitive Restructuring**
 - Thought-feeling model
 - Connect negative feelings to thoughts
 - Challenge thoughts
 - Generate alternative thoughts
 - Practice alternative thoughts

- ___ **9. Development of Action Plans**
 - Identify realistic concerns
 - Establish feasible goal
 - Explore possible options
 - Develop specific plan to address problem

- ___ **10. Trauma Focus**
 - Effects of trauma & PTSD on functioning
 - Monitor & discuss PTSD symptoms
 - Connection between trauma & beliefs
 - Challenge trauma-related beliefs
 - Cope with traumatic memories

- ___ **11. Assign Homework**
 - Develop homework assignment
 - Collaborate with client
 - Make specific plan
 - Troubleshoot obstacles

- ___ **12. Manual Adherence**
 - Follow session format
 - Use of manual rationale & teaching strategies
 - Show flexibility in face of problems

- ___ **13. Teaching Effectiveness**
 - Instill motivation to learn information & skills

Teach information & skills
Modeling/Practice of skills
Adaptation of skills as needed
Reinforcement of small steps/Shaping
Encouragement
Use significant others to facilitate learning

____ 14. **Interpersonal Effectiveness**

Facilitate communication (empathic nature)
Use client's own language & phrases
Warm/Confident/Professional
Provision of hope

____ 15. **Pacing and Efficient Use of Time**

Session length kept to 1 hour
Efficient structuring of time
Tactful limiting of peripheral & unproductive discussion

____ 16. **Reduction of Client Distress**

Identify & respond to client distress
Empathy to show understanding
Use of education or CBT skills to reduce distress
Make plan to address persistent distress

____ 17. **Overall Session Quality**