

MET/GBT5: Supervisor Session Rating—Group Session

Site # _____
Client # _____
Therapist # _____
Date _____
Session # _____

1) a. What **topic** was covered in this session?

3 = CBT3—Substance Refusal Skills

4 = CBT4—Enhancing One’s Social Support Network

5 = CBT5—Planning for Emergencies, and Coping With Relapse

b. If this was session 4 (GBT4), did the therapist also cover the topic
Increasing Pleasant Activities?

1 = Yes

2 = No

2) To what extent did the therapist **assess clients’ use of alcohol and/or drugs** or other substances since the last session (or assessment)?

1.....2.....3.....4.....5
not at all a little somewhat considerably extensively

Skill Level:

0.....1.....2.....3.....4.....5.....6.....7
not poor adequate excellent
done

3) In your opinion, should any of the clients be considered for **removal from treatment** due to clinical deterioration?

1 = Yes If yes, list client #(s): _____

2 = No

4) To what extent did the therapist discuss or address clients’ **current commitment to abstinence?**

1.....2.....3.....4.....5
not at all a little somewhat considerably extensively

Skill Level:

0.....1.....2.....3.....4.....5.....6.....7
not poor adequate excellent
done

5) To what extent did the therapist attempt to **elicit self-motivational statements** from the clients?

1.....2.....3.....4.....5
not at all a little somewhat considerably extensively

Skill Level:

0.....1.....2.....3.....4.....5.....6.....7
not poor adequate excellent
done

11) Did the therapist do a **roleplay**?

1 = Yes

2 = No

Skill Level:

0.....1.....2.....3.....4.....5.....6.....7
not poor adequate excellent
done

12) To what extent did the therapist encourage clients to **anticipate any high-risk situations** that might be encountered before the next session and formulate appropriate coping strategies for such situations?

1.....2.....3.....4.....5
not at all a little somewhat considerably extensively

Skill Level:

0.....1.....2.....3.....4.....5.....6.....7
not poor adequate excellent
done

13) To what extent did the therapist **provide one or more specific assignments** for clients to engage in between sessions?

1.....2.....3.....4.....5
not at all a little somewhat considerably extensively

Skill Level:

0.....1.....2.....3.....4.....5.....6.....7
not poor adequate excellent
done

14) To what extent did the therapist **emphasize the importance of real life practice** of skills between sessions?

1.....2.....3.....4.....5
not at all a little somewhat considerably extensively

Skill Level:

0.....1.....2.....3.....4.....5.....6.....7
not poor adequate excellent
done

15) To what extent was it **difficult to engage** the group?

1.....2.....3.....4.....5
not at all a little somewhat considerably extensively

• Rate the **quantity of participation** of this group.

3 = High

2 = Medium

1 = Low

0 = Silent

• Rate the **quality of participation** of this group.

3 = High

2 = Medium

1 = Low

0 = None

Additional Note(s)*: _____

* If more space is needed, please continue on the back and note this on the line above.

Signature

Date