

*MET/CBT5: Supervisor Session Rating—Individual Session*

Site # \_\_\_\_\_  
Client # \_\_\_\_\_  
Therapist # \_\_\_\_\_  
Date \_\_\_\_\_  
Session # \_\_\_\_\_

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

1 = MET—Motivation-Building Session

2 = MET—Goal-Setting Session

2) To what extent did the therapist **assess the client's use of alcohol/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) How does the client's **current alcohol/drug use** (use since the previous session) compare with his or her use at the initial assessment?

1 = Client has stopped using alcohol and drugs.

2 = Client has reduced his or her level of alcohol and drugs use.

3 = Client has not changed his or her level of alcohol and drugs use.

4 = Client has increased his or her level of alcohol and drugs use.

4) To what extent does the client report **use of other illicit substances** since the previous session?

1 = Reports no alcohol or drug (other than marijuana) use.

2 = Reports other drug use (no alcohol). Type and amount of drug:

\_\_\_\_\_

3 = Reports alcohol use (no other drugs).

Amount: \_\_\_\_\_

4 = Reports alcohol use and other drug use. What drug?

\_\_\_\_\_

9 = Unable to assess.

5) Compared to the first session (or assessment, if this is the first session), how would you describe the client's **clinical status** at this contact (taking into account his or her current level of substance use, overall mental status, social supports, etc.)?

1 = Poor, deteriorated with respect to treatment inception

2 = Fair, no improvement

3 = Good, some improvement

4 = Very good, significant improvement

5 = Excellent, greatly improved or recovered







