

MET/CBT5: Therapist Session Report—Group Session

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

Date and time of next scheduled session: _____

1) 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

1b) If this was Session 4 (CBT4), did you also cover the topic
Increasing Pleasant Activities?

1 = Yes

2 = No

2) To what extent did you **assess clients’ 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

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 you discuss or address clients’ **current commitment to abstinence?**

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

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

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

6) To what extent did you attempt to focus on clients’ **ambivalence** about changing their level of marijuana use?

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

7) To what extent did you encourage clients to make a **commitment to change their alcohol and or drug use?**

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

8) To what extent did you discuss **high-risk situations** clients encountered since the last session (or assessment, if this is the first session) and explore the coping skills they used?

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

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

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

10) To what extent did you review **clients' reactions** to last session's assignment?

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

11) To what extent did you teach, model, rehearse, review, or discuss **specific skills** (e.g., substance refusal skills, enhancing one's social support network, or planning for emergencies and coping with relapse) during the session?

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

12) Did you do a **roleplay**?

1 = Yes

2 = No

13) To what extent did you encourage clients to **anticipate 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

14) To what extent did you **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

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

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

16) To what extent did you attempt to **keep sessions focused** on prescribed activities (by redirecting dialog when it strayed off task and/or organizing the session so defined activities were covered)?

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

17) To what extent did you **communicate understanding** of clients' concerns through reflective listening and comments?

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

18) To what extent did you respond to clients with **empathy, warmth, and acceptance**?

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

19) To what extent did you discuss the availability and nature of **family support** for clients' efforts in treatment?

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

20) To what extent did you **discuss termination** of the therapy (review the timing of termination; encourage clients to discuss their feelings or thoughts about termination)?

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

Group Report

Client I.D. Number	Attendance P = Present A = Absent L = Late	Quantity of Participation 3 = High 2 = Medium 1 = Low 0 = None	Quantity of Participation 3 = High 2 = Medium 1 = Low 0 = None	Current Marijuana Use* 9 = Unable to assess 4 = Increased 3 = Unchanged 2 = Reduced 1 = None in the past week	Other Substance Use* 9 = Unable to assess 4 = Alcohol & other drug(s) 3 = Alcohol only 2 = Other drug(s) 1 = None	Clinical Status** 5 = Excellent 4 = Very Good 3 = Good 2 = Fair, no improvement 1 = Poor, deteriorated	Completion of Assignment 9 = None assigned 3 = Completed 2 = Attempted 1 = No attempt	Disruptive Behaviors (list all present) A = Aggressive I = Interrupts often P = Profanity (excessive) R = Removed (had to be Removed from group) S = Sexually Inappropriate W = Told War stories O = Other (what?)
Entire Group	***** *****			***** *****	***** *****	***** *****	***** *****	***** *****

* Current Marijuana Use is the level of use since the previous session in comparison to the level of use at the initial assessment.
 **Other Substance Use rates whether any use of alcohol and/or any drug (other than marijuana) occurred since previous session.
 ***Clinical Status takes into account the current level of substance use, mental status, and overall functioning since the previous session.

Additional Comments: _____

 Signature

 Date