

MET/CBT5: Therapist Session Report—Individual Session

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

Date and time of next scheduled session _____

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

1 = MET—Motivation-Building Session

2 = MET—Goal-Setting Session

2) Other than contacts to schedule appointments, did you have any **additional contacts** with the client (e.g., emergency contacts)?

1 = Yes

____ # telephone calls ____ total # minutes of telephone contact

____ # face-to-face contacts ____ total # minutes of face-to-face contact

2 = No

3) To what extent did you **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

4) How does the client's **current alcohol/drug 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 level of alcohol and drug use.

3 = Client has not changed level of alcohol and drug use.

4 = Client has increased level of alcohol and drug use.

5) 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.

6) 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

7) In your opinion, should this client be considered for removal from treatment?

- 1 = Yes
- 2 = No

8) To what extent did you discuss or address the client's **current commitment to abstinence**?

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

9) To what extent did you attempt to focus on the client's **ambivalence** about changing his or her level of alcohol and/or drug use?

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

10) To what extent did you attempt to **elicit self-motivational statements** from the client?

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

11) To what extent did you encourage the client to make a commitment to change his or her alcohol and/or drug use?

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

12) To what extent did you discuss **high-risk situations** the client encountered since the last session (or assessment, if this was the first session) and explore the coping skills he or she used?

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

13) To what extent did you review the **client's reactions** to the last session's assignment?

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

14) Did the client do **the last session's assignment**?

- 1 = No, no attempt made.
- 2 = Some attempt made.
- 3 = Practice exercise completed adequately.
- 9 = N/A, not assigned.

15) 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

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

1 = Yes

2 = No

17) To what extent did you encourage the client 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

18) To what extent did you **provide one or more specific assignments** for the client to engage in between sessions?

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

19) 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

20) To what extent was it **difficult to engage** the client this session?

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

21) To what extent did you attempt to **keep the session 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

22) To what extent did you **communicate your understanding** of the client's concerns through reflective listening and comments?

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

23) To what extent did you respond to the client with **empathy, warmth, and acceptance**?

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

24) To what extent did the client appear **motivated to abstain** from alcohol and drugs?

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

25) To what extent did the client appear **motivated to reduce** his or her alcohol and drug use?

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

26) To what extent did the client report **getting support** from others for abstinence?

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

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

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

28) To what extent did you **discuss termination** of the therapy (review the timing of termination, encourage the client to discuss his or her feelings or thoughts about termination)?

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

Additional Note(s)*:

signature

date

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