STS Therapy Activity Scale (Revised-TPRS) for Therapist

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| Please watch your DVD (more than 10 minutes) with your supervisor, rate this form independently first and develop a consensual one with your supervisor at 3rd or 4th supervision session. At the 3rd Session, we focus on relationship principles (No.1-9) but please rate at end of this form.  |
| 1. What percentage of time did you provide information to or teach your client something?
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Up to 20% Up to 40% Up to 50% Up to 60% Up to 100%of the time of the time of the time of the time of the time |
| 1. What percentage of time did you spend following your client’s topics that were introduced by your client?
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Up to 20% Up to 40% Up to 50% Up to 60% Up to 100%of the time of the time of the time of the time of the time |
| 1. How much did you introduce the topic or initiate a change of topics?
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Up to 20% Up to 40% Up to 50% Up to 60% Up to 100%of the time of the time of the time of the time of the time |
| 1. How much did your client introduce the topics or initiate a change of topics?
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Up to 20% Up to 40% Up to 50% Up to 60% Up to 100%of the time of the time of the time of the time of the time |
| 1. You make meaningful interventions during the session.
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Strongly Disagree Marginally Agree Strongly Disagree Agree Agree |
| 1. You appropriately time techniques and interventions during the session.
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Strongly Disagree Marginally Agree Strongly Disagree Agree Agree  |
| 1. You smoothly and effectively employ techniques and interventions.
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Strongly Disagree Marginally Agree Strongly Disagree Agree Agree  |
| 1. You present yourself in a professional and competent manner.
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Strongly Disagree Marginally Agree Strongly Disagree Agree Agree  |
| 1. You present yourself as being knowledgeable.
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Strongly Disagree Marginally Agree Strongly Disagree Agree Agree  |
| At the 6th Session, we **gradually** incorporate these interventions with relationship principles.  |
| 1. \*To what extent did you attempt to raise your client’s level of emotional arousal, or deepen your client’s level of feeling, or produce an awareness of hidden feeling states?
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time) |
| 1. Evaluate the extent to which your client’s emotional state escalated during the session.
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time) |
| 1. \*To what extent was your client encouraged by you to bring up, move closer to, or discuss painful and emotionally charged material?
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time)  |
| 1. You focus on your client’s current, identifiable, problematic behavior.
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time) |
| 1. You seek to identify the situational consequences, rewards or payoffs for problematic and/or non-problematic behaviors?
 | [ ]  [ ]  [ ]  [ ]  [ ] Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time) |
| 1. You seek to identify relationship between your client’s patterns of thoughts and actions as applied to current symptoms.
 | [ ]  [ ]  [ ]  [ ]  [ ] Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time) |
| 1. You employ techniques to directly change some symptoms, such as using relaxation to reduce anxiety, direct behavioral suggestions and homework, behavioral contracting to reduce conflict, systematic desensitization to reduce phobic avoidance, assertion training to increase communication, role playing to increase pro-social behavior, self-control methods to reduce or increase targeted behaviors, and the like.
 |  [ ]  [ ]  [ ]  [ ]  [ ] Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time) |
| 1. You evaluate your client’s progress in terms of current behavioral change.
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time)  |
| 1. You seek to identify a history of recurring conflicts in interpersonal relationships as a way of helping your client understand your client’s current problems.
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time) |
| 1. You employ techniques to increase your client’s historical understanding of themselves.
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time) |
| 1. You seek to enhance your client’s understanding or awareness of emotional experience, including historical development.
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time)  |
| 1. You pursue discussion of early memories and/or events in your client’s life as a way of inducing improvement in current life and symptoms.
 |  [ ]  [ ]  [ ]  [ ]  [ ]  Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time) |
| 1. You try to uncover early experiences and unconscious wishes as a way of producing insight.
 | [ ]  [ ]  [ ]  [ ]  [ ] Not at all A little Some Quite a bit A lot(0 attempt) (1-2 (Several (Several for (Multiple for attempts) attempts) several minutes) majority time) |