

## CM-PST Session #1

Therapist ID Code:\_\_\_ Therapist Site:\_\_\_\_\_

Patient ID Code:\_\_\_\_\_ Session #:\_\_\_\_\_ Date of Session:

Rating Therapist ID Code:\_\_\_\_\_ Date of Rating:

For each item, assess the therapist on a scale of 0-5 and record the rating on the line next to the item number.

0	1	2	3	4	5
Very Poor	Poor	Borderline	Satisfactory	Good	Very Good

### \_\_\_ 1. Needs Assessment

- Reviewed the CANE
- List prioritized
- Urgent needs addressed

### \_\_\_ 2. Psychoeducation

- Reviewed depression symptoms
- Linked depression to problems
- Discussed CM+PST
- Highlighted collaboration

### \_ 3. CM-PST Action Planning (Therapist tasks for CM)

#### \_\_\_ a. Defining the Problem

- Specific, feasible problem chosen
- Described in objective terms
- Problem explored, clarified

#### \_\_\_ b. Establishing a Realistic Goal

- Goal is objective
- Described in behavioral terms
- Goal is achievable
- Follows directly from problem statement

### Notes:

\_\_\_c. **Generating Solutions**

- Prime for Brainstorming
- Brainstorming facilitated
- Solutions from patient
- Withhold judgment

\_\_\_d. **Implementing Decision-Making Guidelines and choosing the Solution(s)**

- Cue for major themes at start
- Consider “Pros” and “Cons” for self/others
- Identify themes and compare solutions
- Solution(s) satisfies the Goals
- Negative impact is limited

\_\_\_e. **Implementing the Preferred Solution(s)**

- Specific tasks identified
- Realistic behavior requirements
- Plan Pleasant Activities for the week

\_\_\_4. **Client Action Planning (Client implementation of PST skills)**

\_\_\_a. **Defining the Problem**

- Specific, feasible problem chosen
- Described in objective terms
- Problem explored, clarified

\_\_\_b. **Establishing a Realistic Goal**

- Goal is objective
- Described in behavioral terms
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\_\_\_c. **Generating Solutions**

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\_\_\_e. **Implementing the Preferred Solution(s)**

- Specific tasks identified
- Realistic behavior requirements
- Plan Pleasant Activities for the week

\_\_\_4. **Process Tasks**

- Clear demarcation of PST-PC stages
- Cue and Review for Stages
- Summarize process at end of session
- Facilitate independence in guiding PST process

\_\_\_5. **Communication and Interpersonal Effectiveness**

- Facilitates communication (supportive vocalizations and non-verbals)
- Use of patient's own language and phrases
- Warm / Confident / Professional
- Tactful limiting of peripheral and unproductive discussion

\_\_\_6. **Global Rating**

How would you rate the problem solving therapist overall in this session? (does not need to approach a mathematical average of previous eight items)

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COMMENTS AND SUGGESTIONS FOR THE THERAPIST'S IMPROVEMENT:



**CM-PST Session # (circle one) 2 3 4 5 6 7 8 9 10 11 12**

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\_\_\_ **1. Review CM-PST Progress**

- Review PST form from last week
- Update information
- Finalize action plan

\_ **2. Review Client Progress**

- Review of all current tasks
- Praise success
- Exploration of failure
- Rate Satisfaction and Mood
- Reinforce PST-PC Model
- Review previous problem areas

\_\_\_ **3. CM-PST Action Planning (Therapist tasks for CM)**

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\_\_\_ **b. Establishing a Realistic Goal**

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**\_\_\_ 5. Process Tasks**

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**\_\_\_ 7. Global Rating**

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