

Your Program's CBT Fitness

Here's a way to assess how robustly you are implementing your program's cognitive behavioral therapy. Score your program on the 1 to 7 scales for each of the following questions. Better yet, have more than one person perform the ratings and average out the scores. If no question is rated lower than 4 and the total score is 35 or better, we would say you're doing quite well! If the program's total is less than 30, look for where and how it might be strengthened. We suggest assessing your program a few times a year.

Note: The phrases under the numbers indicate relative values along the scale.

1) Do all RSAT staff understand the program's basic CBT approach and key terms?

1	2	3	4	5	6	7
very few		most counselors		all treatment staff		all staff

2) Are CBT groups monitored to assure that appropriate techniques are used?

1	2	3	4	5	6	7
almost never		seldom-casually		occasionally-carefully		regularly-carefully

3) Do staff reinforce CB principles or skills outside of CBT sessions?

1	2	3	4	5	6	7
almost never		sometimes		much of the time		almost always

4) Are your other program tools and rules consistent with your CB principles?

1	2	3	4	5	6	7
not really		somewhat		pretty much		very much so

5) Are inmates accountable for CB homework and for applying CB skills or principles to their ongoing program activities?

1	2	3	4	5	6	7
not really		somewhat		pretty much		very much so

6) Are staff behaviors on-site consistent with the CB skills and principles?

1	2	3	4	5	6	7
not really		somewhat		pretty much		very much so