This sheet is based on the manual and it is designed for you to self-score your tapes.

We encourage you to after doing so, use a Self-practice – Self-reflection Model to improve your practice.

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| CTS-R item | Key points & comments regarding improvement | Item score |
| **1.Agenda setting and adherence**Did you set a good agenda and adhere to it? |  |  |
| **2. Feedback**Did you regularly provide and elicit feedback? |  |  |
| **3. Collaboration**Was there a good teamwork between you and the person? |  |  |
| **4. Pacing and efficient use of time**Was your session paced well, and the time used efficiently? |  |  |
| **5. Interpersonal effectiveness**Was there evidence of a good therapeutic alliance? |  |  |
| **6. Eliciting emotional expression**Did you elicit relevant emotions and promote an effective emotional ambience? |  |  |
| **7. Eliciting key cognition**Did you elicit relevant cognitions? (Thoughts, beliefs etc) |  |  |
| **8. Eliciting behaviours**Did you elicit behaviours help the patient to gain insight? |  |  |
| **9. Guided discovery**Did your approach enable the person to make his/her own connections and discoveries? |  |  |
| **10. Conceptual integration**Did you make explicit links to formulation, and work within the overall cognitive rationale and formulation? |  |  |
| **11. Application of change methods**Did you help the patient to use appropriate cognitive and behavioural techniques in line with the formulation? |  |  |
| **12. Homework setting**Did you set an appropriate homework task? |  |  |
| Self-Reflection/Self-Practice: |
| Total Score: |