

## CPT Check-In and Check-Out

First name: \_\_\_\_\_ First initial of last name: \_\_\_\_\_. Date: \_\_\_\_\_

CPT Session # \_\_\_\_\_ Total number of CPT sessions attended by client to date: \_\_\_\_\_

Today's PHQ 9 score (if taken) \_\_\_\_\_ Date \_\_\_\_\_ Start PHQ-9 score (will stay same) \_\_\_\_\_ Date \_\_\_\_\_

Today's PCL-5-Weekly score \_\_\_\_\_ Start PCL-5 Monthly score (will stay same) \_\_\_\_\_ Date \_\_\_\_\_

Final PCL 5-Monthly score \_\_\_\_\_ Date \_\_\_\_\_

Prior to the session, I completed a two-page PCL-5 Weekly, scored it, and entered the result on the PCL-5 Score Sheet.

\_\_\_\_\_ Yes \_\_\_\_\_ No

Prior to the session, if I experienced new or distressing physical symptoms, I completed and scored a PHQ-9.

\_\_\_\_\_ Yes \_\_\_\_\_ No

My self-report of past week's homework completion.

All	More than half	Less than half	None	Homework not assigned prior to session 1
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During the past week, I was often able to identify "Stuck Points" in my thinking and help myself challenge, modify, or ease them.

Strongly disagree	Disagree	Neutral	Agree	Strongly agree
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In challenging situations during the past week, I was able to approach reality, process feelings and thoughts, and access my inner wisdom for guidance in making conscious choices about my behaviors \_\_?\_\_ % of the time. During the past week, I avoided reality, ignored or suppressed my feelings and thoughts, and increased the chance of making choices based on Stuck Points \_\_?\_\_ % of the time.

\_\_\_\_\_ Approached reality % \_\_\_\_\_ Avoided reality %

At learning, practicing, and applying CPT skills, \_\_\_\_\_.

- I am highly skilled.
- I am skilled.
- I am somewhat skilled.
- I am minimally skilled.
- I make little or no use of the skills.

I have the skills I need to help myself with problematic feelings, thoughts, and behaviors. (Please circle answer.)

Strongly disagree	Disagree	Neutral	Agree	Strongly agree
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At the end of the session, please open an email. In the subject line, please write "CPT Session #\_\_\_\_\_." Within the body of the email, please take two minutes to write a statement describing 1) what you learned today, 2) what you have learned in CPT so far, and 3) how you think what you have learned so far will be of value to you.

I learned \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ . Last revised 5/12/20