

# 16 Session CAT Checklist

## CAT Checklist – 16 Sessions

Patient's Name:

| Session   | CAT Specific Activity   |
|-----------|---|
| 1         | Give Psychotherapy File<br>Set diary keeping of TPs   |
| 2         | Receive Psychotherapy File back<br>Check diary monitoring of TPs  |
| 3         | Review Psychotherapy File and agree list of TPs<br>Check diary monitoring of TPs  |
| **        | <i>Create Reformulation<br/>Create list of TPs and TPPs</i>   |
| 4         | Read out Reformulation and TP/TPP list<br>Monitoring of TPPs<br>Set up rating sheets of TP/TPPs   |
| 5         | Review patient's week relative to TP/TPPs<br>Check diary monitoring of TPPs<br>Discuss meaning of ending<br>Rate TP/TPPs on week-by-week rating sheet                                     |
| **        | <i>Check Sequential Diagrammatic Reformulation (SDR)<br/>or Self States Sequential Diagram (SSSD)</i>   |
| 6         | Discuss SDR/SSSD<br>Review patient's week relative to TP/TPPs<br>Check diary monitoring of TPPs<br>Discuss meaning of ending<br>Rate TP/TPPs on week-by-week rating sheet                 |
| 7         | SDR/SSSD available for reference<br>Review patient's week relative to TP/TPPs<br>Check diary monitoring of TPPs<br>Discuss meaning of ending<br>Rate TP/TPPs on week-by-week rating sheet |
| to<br>14  | As above<br>Discuss mutual goodbye letters  |
| **        | <i>Create Goodbye Letter</i>  |
| 15        | As above<br>Read Goodbye Letters<br>Discuss meaning of ending   |
| 16        | As above<br>General review of change<br>Set Follow-up date.   |
| **        | <i>Create summary of therapy<br/>Create Letters to referrer/GP summarising therapy</i>  |
| Follow-up | Rate TP/TPPs, evaluate change & assess for further help   |