

Appendix A: Behavioural Couple Therapy Scale - Depression

**BEHAVIOURAL COUPLE THERAPY
SCALE – DEPRESSION
(BCTS-D)**

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Name of Therapist:

Date of session with couple:

Session No.:

Name of Assessor:

<u>BCTS-D Item</u>	<u>Score</u> <u>0-6</u>	<u>Comments</u>
<p><i>Item 1. Agenda Setting</i></p> <p>Did the therapist establish a focus for the session? Was a clear agenda set, with priorities identified that provided a clear 'steer' for the session that was to follow?</p>		
<p><i>Item 2. Review of Homework (from the previous session)</i></p> <p>Did the therapist review the homework agreed upon at the previous session? Were new insights or learning elicited? If needed, were any obstacles identified and explored to enable 'follow through' with future homework tasks?</p>		
<p><i>Item 3. Collaboration</i></p> <p>Did the therapist facilitate effective teamwork, promoting an adaptive working relationship between the therapist and couple, in which appropriate levels of transparency and mutual feedback were encouraged? Were statements and/or actions made that encouraged both members of the couple to participate appropriately, and which prevented an unequal power relationship from developing between the couple and the therapist?</p>		

<p><i>Item 4. Facilitating Couple Communication</i></p> <p>Did the therapist facilitate couple communication effectively? Was there evidence of enabling understanding and dialogue between partners through steering the conversation towards reciprocal listening, 'reflecting back' and enhanced empathy? Was the therapist able to provide sufficient structure and management to enable the couple to communicate more effectively without overly-controlling the process?</p>		
<p><i>Item 5. Pacing and Flow</i></p> <p>Did the therapist pace the session well, enabling a smooth transition and sense of flow between different phases of the session, ensuring that priority items on the agenda were addressed? Was the therapist able to control the timing, pacing and flow of the session with two partners present?</p>		
<p><i>Item 6. Therapist's Interpersonal Effectiveness</i></p> <p>Did the therapist create an interpersonal environment that was conducive to the work of the session? Did the therapist form an effective alliance with each partner individually and the couple as a unit? Was a safe environment created for the couple to address difficult issues in session? Did the therapist's interpersonal style convey warmth, interest, and instil hope that change is possible, as well as convey appropriate authority in the way the session was managed?</p>		
<p><i>Item 7. Guided Discovery</i></p> <p>Did the therapist facilitate a process of discovery that conveyed genuine interest, curiosity, and understanding? Were there questions and/or actions designed to promote self-reflection,</p>		

helping the couple to make their own connections and discoveries?		
<p><i>Item 8. Formulation of Depression in Context</i></p> <p>Were there statements and/or actions designed to focus the session on relevant individual, couple, or environmental factors impacting the patient's depression, and any relationship distress experienced in the context of the depression?</p>		
<p><i>Item 9. Selection of Intervention Strategy</i></p> <p>Did the therapist select an intervention strategy that was appropriate to the stage of therapy and the couple's needs (as identified by the case conceptualisation and the way the session unfolded)?</p>		
<p><i>Item 10. Emotion-Focused Interventions</i></p> <p>Did the therapist facilitate the expression and processing of appropriate levels of emotion by the couple? Was there evidence of the therapist's attentiveness to different emotions and guidance given to the couple, either directly or indirectly, on how these emotions could be amplified or contained (depending on their adaptiveness)?</p>		
<p><i>Item 11. Cognitive Interventions</i></p> <p>Did the therapist demonstrate the ability to identify and work effectively with key cognitions and/or cognitive processes? Were any interventions implemented with adequate skill to enable the couple to make a positive shift in perspective?</p>		
<p><i>Item 12. Behavioural Interventions</i></p> <p>Did the therapist work effectively with specific target behaviours (reducing negative behaviours or promoting positive behaviours)? Were specific interventions used effectively to</p>		

promote new ways for the couple to act towards each other?		
<p><i>Item 13. Dyadic Conceptualisation</i></p> <p>Was there evidence that the therapist's statements and actions in the session were informed by an understanding of dyadic patterns of interaction? Did the therapist help the couple conceptualise their difficulties in dyadic terms, and see the dyadic interaction pattern as the problem/target, rather than blaming each other?</p>		
<p><i>Item 14. Setting Homework (for the next session)</i></p> <p>Did the therapist work effectively with the couple to agree upon a new homework task/s? Did the chosen task follow from the focus of the session and make sense to the couple? Were any potential obstacles identified and discussed to increase the likelihood of the couple being able to complete the agreed task/s?</p>		
<p><i>Item 15. Ending the Session</i></p> <p>Did the therapist conclude the session well, seeking feedback on each partner's experience of the session? If the session involved the management of difficult emotions or painful experiences, was the therapist able to ensure that the couple left the consulting room having re-established a degree of equilibrium, or discuss how the couple might do that following the session?</p>		
Total Score (sum of items 1-15)		

Any areas of strength demonstrated in the session:

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Suggested areas for student learning and development, and any action points arising:

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Signed (Student):

Signed (Supervisor/Assessor):

Date:

BCT: MEASURING THERAPIST COMPETENCE