Academy of Cognitive Therapy

Case Review Rating Scale

Applicant: _____ Case Identification: _____
Rater: _____ Date of Rating:_____

Instructions: Please review the case information provided, and then rate it using the following dimensions. For each item, provide a rating of:

(0) - Not present
(1) - Present but inadequate
(2) - Present and adequate

Case History

(0) (1) (2) 1. Identifying Information (chief complaint and diagnoses)
(0) (1) (2) 2. History (personal and social, psychiatric, medical)

Case Formulation

(0) (1) (2) 1. Precipitants of current disorder or problems
(0) (1) (2) 2. Current cognitions and behaviors contributing to disorder or problems
(0) (1) (2) 3. Historical view of cognitions and behaviors (developmental considerations)
(0) (1) (2) 4. Review of current strengths and assets
(0) (1) (2) 5. Working hypothesis (summary of cognitive case conceptualization)

Treatment Plan and Course

(0) (1) (2) 1. Problem list, treatment goals and plan for treatment
(0) (1) (2) 2. Interventions/ procedures planned and used
(0) (1) (2) 3. Therapeutic relationship
(0) (1) (2) 4. Obstacles to treatment plan
(0) (1) (2) 5. Outcomes

Comments:

For administrative use:

_____ Total Score [ ] Pass [ ] Fail (Pass score = 20/24)