

Rating Instrument For Therapy Contract Setting (RITCS)

Frank Yeomans, M.D., Pamela A. Foelsch, Ph.D.

Michael Selzer, M.D. and John F. Clarkin, Ph.D.

Rater: _____

Patient: _____

Session # _____ Date: _____

Therapist: _____

Treatment Contract Rating Scale - I

Universal Patient Responsibilities

- attendance
- fees
- method of treatment

Step 1: Rating the therapist as to how well he/she has presented the patient's responsibilities in treatment.

Rating					
0	1	2	3	4	5
Not Applicable	Poorly				Thoroughly

Step 2: Rating of the patient's response to Step 1 (therapist's presentation); degree to which the patient accepted it.

Rating					
0	1	2	3	4	5
Not Applicable	Not at All				Fully

Step 3: Rating therapist's reaction to Step 2 (patient's response)

Rating					
0	1	2	3	4	5
Not Applicable	Inadequate				Excellent

Step 4: Rating of degree of consensus between patient and therapist regarding patient understanding of and acceptance of her/his responsibilities. This is the global rating.

Rating					
0	1	2	3	4	5
Not Applicable	None				Full

Treatment Contract Rating Scale - II

Therapist Responsibilities

- attending to the schedule
- making every effort to understand, and when useful, comment
 - clarifying the limits of his/her involvement
 - explains policy of confidentiality (if asked)

Step 1: Rating the therapist as to:

a) how well he/she has presented his/her responsibilities in treatment.

Rating					
0	1	2	3	4	5
Not Applicable	Poorly				Thoroughly

b) how well he/she delineates the limits of his/her involvement.

Rating					
0	1	2	3	4	5
Not Applicable	Poorly				Thoroughly

Step 2: Rating of the patient's response to Step1 (therapist's presentation); degree to which the patient accepted it.

Rating					
0	1	2	3	4	5
Not Applicable	Not at All				Fully

Step 3: Rating therapist's reaction to Step 2 (patient's response)

Rating					
0	1	2	3	4	5
Not Applicable	Inadequate				Excellent

Step 4: Rating of degree of consensus between patient and therapist regarding patient understanding of and acceptance of therapist's responsibilities. This is the global rating.

Rating					
0	1	2	3	4	5
Not Applicable	None				Full

Treatment Contract Rating Scale - III

*Threats to Treatment
(Individualized Patient Responsibilities)*

Step 1: Rating of how well therapist states the specifics of the treatment contract around the 1 or 2 areas of pathology which he/she predicts will be most germane to this patient and will pose the greatest threat to treatment. This includes his/her statement of why he/she has chosen these areas (i.e., that the prediction is based on what the patient's history and presentation have revealed) and his/her outline of the steps which the patient will be expected to take in order to deal with the threats to the treatment specific to his/her case.

Rating					
0	1	2	3	4	5
Not Applicable	Inadequate				Adequate

Step 2: Rating of the patient's response to Step1 (therapist's presentation);

Rating					
0	1	2	3	4	5
Not Applicable	Rejecting				Accepting

Step 3: Rating therapist's reaction to Step 2 (patient's response)

Rating					
0	1	2	3	4	5
Not Applicable	Inadequate				Excellent

Step 4: Rating of degree of consensus between patient and therapist regarding specific content areas. This is the global rating.

Rating					
0	1	2	3	4	5
Not Applicable	None				Full

Content Areas Selected by Therapist

1. _____

2. _____

Are content areas chosen by therapist the crucial ones?

Yes _____ No _____

If no, list the ones felt to be crucial _____
