

cognitive therapy competence scale for social phobia

Therapist competence has typically been measured by two trained independent assessors who score two separate sessional videotapes using a 0 to 6 scale "with ratings of 0 indicating poor therapist performance and ratings of 6 indicating excellent competence." Competence scores have predicted outcome, particularly the six starred items. Note that highly trained/supervised, successful therapists only averaged a score of 2.9.

<i>please use the 0 to 6 scale on the right – the numbers indicate therapist competence</i>		0	1	2	3	4	5	6
1	agenda setting							
2	dealing with objections, questions, problems							
3	clarity of communication							
4	pacing and efficient use of time*							
5	interpersonal effectiveness*							
6	resource orientation (see below)*							
7	reviewing social phobia questionnaires and other measures							
8	reviewing previously set homework							
9	use of feedback and summaries							
10	guided discovery							
11	focus on social phobia related cognitions, imagery, etc (see below)*							
12	rationale							
13	selection of appropriate strategies for change (see below)*							
14	appropriate implementation of techniques for change (see below)*							
15	integration of discussion and experiential techniques							
16	homework setting							

6. resource orientation: "enable the patient to be aware of (their) positive characteristics and skills and focus on how these can be used to reach self-set goals in therapy." **11.** "Focus on social-phobia-related cognitions, self-focused attention, safety behaviors, and biased imagery." **13.** "Selection of appropriate strategies for change in social-phobia-related cognition and maintaining factors (including selection of behavioral experiments and other experiential exercises)." **14.** "Appropriate implementation of techniques for change in social-phobia-related cognition and maintaining factors (including selection of behavioral experiments and other experimental exercises)."

average rating overall =

average rating for 6 starred items =

von Consbruch, K. et al. (2012). "Assessing therapeutic competence in cognitive therapy for social phobia: Psychometric properties of the cognitive therapy competence scale for social phobia (CTCS-SP)." Behav Cog Psychother 40: 149-161
 Ginzburg, D. et al. (2012). "Treatment specific competence predicts outcome in cognitive therapy ..." BRAT 50: 747-752