

Scoring System For Imago Therapy Certification The Behavior Change Request Dialogue

Supervisor's Name: Print: _____ Sign: _____ Score: _____ Date of evaluation: _____

Instructions: Below are general and specific clinical skills to look for during a BCR-D. Score each item from 0 to the amount allotted and put your score in the "Points Scored" column. Make sure your comments are very specific. Sign your name above and have the trainee sign below.

70% = Passing Couple Session # ____ Trainee's name acknowledging the receipt of this form: Print: _____ Sign: _____

<u>Section A: The evaluator's general experience of the tape – 20 Points</u>	Value	Points Scored	<u>What I liked:</u>	<u>Technical Suggestions:</u>
1. My general impression of this work.	0 to 20			
<u>Section B: Therapist Qualities - 10 Possible Points</u>				
1. The clinician is warm, present, at ease and looks professional	0 to 2			
2. The clinician is neutral for the good of the relationship and does not take sides	0 to 2			
3. The clinician is in control as a coach, but not controlling	0 to 4			
4. The clinician intervenes appropriately.	0 to 2			
<u>Section C: Structure of the BCR-D – 40 Possible Points</u>				
1. Couples face each other and an appointment is made.	0 to 1			
2. The clinician has the couple deal with one specific frustration which is stated in one sentence.	0 to 2			
3. Active, step-by-step preparation of the receiver (Example: Close eyes; take a deep breath; imagine a safe place, etc. Instruction is given to mirror in summary form to allow the sender to remain in an affective state.)	0 to 3			
4. The frustration send a. First, the sender states the frustration in one sentence and then deepens it. b. Coaching helps the sender use the energy of frustration to get in touch with the fear and the pain behind the frustration. Coaching moves the sender from the frustration into self-revelation, vulnerability and the ability to name the pain (I feel unimportant; abandoned; blamed). Deepening is essential! c. The goal is to keep the sender in an affective state. Frequent mirroring breaks the affect. Summary mirroring is used in an attuned fashion to facilitate deepening. d. Expression of the frustration needs to be complete enough so that the pain is named and experienced and the sender becomes open to deepening. e. Some instructors ask for a summary mirror at the end of this send without validation or empathy to keep the affective flow (The validation and empathy are in the voice). Other instructors ask for summary mirror, validation and empathy at the end of this send. Either style is okay.	0 to 7			
5. Transition Sentence: The coach has the receiver say a transition sentence that picks up one or two "pain words" from the frustration send. (ie: "When you feel unimportant and abandoned by me, what does that remind you of in childhood?")	0 to 3			
6. The childhood wound send a. Coaching moves the sender from the wound to the affect underneath the wound. Deepening is essential! b. The goal is to keep the sender in an affective state. Frequent mirroring breaks the affect. Summary mirroring is used in an attuned fashion to facilitate deepening. c. Once in childhood, the coach does not allow the sender to send frustrations again. The coach makes sure the sender stays in childhood so that the receiver does not lose their growing empathy. d. Some instructors ask for a summary mirror at the end of this send without validation or empathy to keep the affective flow (The validation and empathy are in the voice). Other instructors ask for summary mirror, validation and empathy at the end of this send. Either style is okay.	0 to 7			