

CETA Measures Cheat Sheet

Trauma Screen and PTSD Symptom Scale (PSS) *Trauma Screen is a list of possible traumas. It is not scored. The PSS measures level of posttraumatic stress symptoms.*

Purpose of giving the Trauma Screen:

Establish trauma exposure history. Feedback contains the following clinical components: engagement, psychoeducation, exposure, and promoting adaptive cognitions.

Feedback:

Engagement [Validate experience]: "I am so sorry that you went through that"; "Thank you for telling me about your traumas".

Psychoed [Normalizing]: "You are not alone; most people have had one or more experiences like these."

Exposure [Model and support "facing up to fears" by talking about traumas endorsed]: "I see you said you were in a "serious accident, fire or explosion", what happened?"; "It says you were around "Military combat or a war zone", tell me a little about that."; "You checked that "sexual assault by a family member or someone you know" was the worst trauma, what made it the worst for you?"

Psychoed [Normalizing reactions]: "Did you have intense feelings during the trauma? Those are our body's normal way of helping us get through dangerous situations, but when you keep having the feelings later it is not helpful and feels bad."

"During a trauma people can try to get away, fight back or freeze up. All of these reactions are normal and in many cases, there is more than one". What was the way you reacted?"

PSS

Add up the score for the 17 sx to determine whether symptoms are severe enough to warrant treatment (> 18).

Feedback:

[Psyched] "This checklist measures posttraumatic stress or PTS. PTS is upsetting memories or reminders of a bad or scary experience that happened in the past. Your score tells whether you have too much stress when you remember or you have just the normal amount that goes with having bad experiences. If your score is over 18 it means you are having too much and you would benefit from learning some skills to help you feel better."

If non-clinical (<18).

Engagement [Validate good coping]: “Impressive job. Even though you had those traumas, you have been able to cope effectively. What strengths do you have that you used?”

Psychoed [Info re generalizing coping skills]: “Sounds like you didn’t try to avoid what happened but faced up to it and took active steps to manage your feelings. BTW, that is exactly the best thing to do for any kind of anxiety or worry.”

If clinical (18+).

Engagement [Validate distress]: “Your score is 32. Scores over 18 mean that you are dealing with a high level of posttraumatic stress, enough to be really upsetting. No wonder you are having a rough time”.

Psychoed [Info re PTS and PTSD - Normalizing]: “This test measures posttraumatic stress. Have you heard of that?”; “PTS. that’s what some soldiers get in war. Did you know that sexual assault causes even more PTS than war?”; “It is normal to have intense reactions right after a trauma. Usually the reactions get less over time, but sometimes they can continue or even get worse.”; “PTS is memories or reminders of the trauma that bring back the feelings from during the trauma and physical reactions. Because it feels bad, people naturally want to avoid those feelings so they avoid reminders or just shut down emotionally. Unfortunately, even though the avoidance works really well temporarily it doesn’t solve the PTS and can actually keep it going.”

Engagement [Hook into treatment]: “CETA is a treatment for PTS that works really well. It helps lower the PTS symptoms so you can feel like yourself again. If you practice the new skills you learn in CETA, you’ll start feeling better.”

Promoting adaptive cognitions [Info regarding treatment and prognosis]: “Even though these traumas happened and you are having reactions, you should know that the majority of people can get better from PTSD.”; “CETA works for most people in a pretty short time”; “Humans are better than you might think at overcoming terrible experiences.”; “You will be able to get your life back. It might be a new normal, but it will be a good life.”

Impairment. [Not scored, but gives a sense of how interfering with functioning the PTS is]

Feedback:

Engagement [Hook into treatment]: “This shows that your PTS symptoms are really making your life harder. We can help with that.”

General Anxiety Disorder 7 (GAD7). Measures level of anxiety.

Add up the score for the 9 sx to determine whether symptoms are severe enough to warrant treatment (10+).

Feedback:

If non-clinical (<10):

“This checklist measures anxiety. Anxiety is being too scared or worrying too much when you don’t need to. Everyone has times when they are anxious or worried, the key is when it is too much or too often. Your score is under 10. That means you are not having the level of anxiety right now that would mean treatment is necessary. It also means that you must have some really good coping skills to get you through stressful moments. What are the coping skills you find most useful?”

If clinical (10+)

[Psychoed] “This checklist measures anxiety. Anxiety is being too scared or worrying too much when you don’t need to. Being anxious or worried all the time is very stressful and makes it hard to function. The score tells if you have too much anxiety and could benefit from some help. Your score is 16, which means you may be having too many feelings of anxiety and they are interfering with your life. It means you would benefit from learning some skills to help you worry less and feel better.”

Engagement [Instilling hope. Hook into treatment]: “CETA is a treatment for anxiety that works really well. It helps lower the anxiety and worry symptoms so you can feel more relaxed and calm. If you practice the new skills you learn in CETA, you’ll start feeling better.”

Patient Health Questionnaire 9 (PHQ9). *Measures level of depression.*

Add up the score for the 7 sx to determine whether symptoms are severe enough to warrant treatment (10+).

If non-clinical (<10)

Feedback

“This checklist measures depression. Depression is feeling sad, down, or thinking that nothing is going well or you can’t do anything right. Everyone has ups and downs and bad days. Depression is when the feelings are really serious and happen a lot. You have a score under 10. That means you are not having the level of depression right now that would mean treatment is necessary. It also means that you must have some really good ways of getting yourself through stressful or hard times. What are some of the ways that work for you?”

If clinical (10+)

[Psychoed] “This checklist measures depression. Depression is feeling sad, down, or thinking that nothing is going well or you can’t do anything right. Everyone has ups and downs and bad days. But having depression means the feelings are really strong and keep going on. When people are depressed it is really hard to enjoy anything, get out in the world, or take steps towards goals. Your score is 16. This means you are having too much sadness and depressed feelings. We can work on some skills to help you feel better.”

Engagement [Instill hope. Hook into treatment]: “CETA is a treatment for depression that works really well. It helps lower depression symptoms so you can feel more energetic and positive and start meeting your goals. If you practice the new skills you learn in CETA, you’ll start feeling better.”

Progress Monitoring. *Ongoing assessment of progress/change during treatment:*

Readministration of measure of clinical target (PHQ9, GAD7, PSS).

“Every session I am going to ask you to fill out the same checklist for [insert clinical target] that you took to help us decide what to focus on in CETA. This lets us keep track of your progress and how the treatment is going. We expect there will be some ups and downs, but tracking how it is going overall is a really good way to see how stressful events in your life can catch up with you and learn what works best for you”.

Progress Monitoring Checklist.

Add up 1-9 (PHQ9), 10+ = clinical; add up 10-11 (GAD2), 3+ = clinical, add up 12-17 (PTSD sx), 4+ = clinical.

Feedback:

“This checklist measures depression, anxiety and PTS. By filling it out every session we can both tell how you are doing and whether CETA is working for you. Everyone has bad weeks and better weeks. This will help us keep track of your level of distress and help us learn whether the skills you are learning are making a difference”