

**COHEN/MANNARINO TREATMENT CHECKLIST  
Part I**

***Adherence Checklist***

\_\_\_\_\_ Subject Number                      \_\_\_\_\_ Session Number  
\_\_\_\_/\_\_\_\_/\_\_\_\_ Date of Session                      \_\_\_\_\_ Therapist Initials

***Check if present:***

- \_\_\_\_\_ Therapist clearly reviewed the goal for today's session.
- \_\_\_\_\_ Therapist reviewed previously assigned homework.
- \_\_\_\_\_ Therapist assigned new homework.
- \_\_\_\_\_ Therapist provided directive education about normal reactions to trauma.
- \_\_\_\_\_ Therapist explained the reason the youth is coming to treatment and what treatment may consist of.
- \_\_\_\_\_ Therapist assisted the child in accurately identifying their feelings.
- \_\_\_\_\_ Therapist instructed the child through deep breathing, directing the youth's attention to the act of breathing alone.
- \_\_\_\_\_ Therapist explained how we feel when our muscles are tense and walked the child through an analogy (spaghetti vs. tin soldier) or progressive muscles relaxation.
- \_\_\_\_\_ Therapist instructed the child on thought stopping, teaching them that they can have control over their thoughts by:
  - \_\_\_\_\_ Verbally saying "go away"
  - \_\_\_\_\_ Physically by wearing a rubber band
  - AND
  - \_\_\_\_\_ Replacing it with a positive thought
- \_\_\_\_\_ Therapist taught cognitive coping skills or "positive self talk".
- \_\_\_\_\_ Therapist addressed the child's sense of safety.
- \_\_\_\_\_ Therapist provided psychoeducation if child expressed misinformation or distortions regarding safety.

- \_\_\_\_\_ Therapist reviewed the cognitive triangle, educating the child on the connection between thoughts, feelings, and behaviors.
  - \_\_\_\_\_ Running through series of scenarios.
  - \_\_\_\_\_ Help child generate alternative thoughts that are more accurate or helpful, in order to feel differently.
- \_\_\_\_\_ Therapist provided assistance in dealing with problem \_\_\_\_\_ (fill in).

Please indicate any additional therapeutic interventions you may have used.

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**COHEN/MANNARINO TREATMENT CHECKLIST  
Part II Trauma Narrative**

***Adherence Checklist***

\_\_\_\_\_ Subject Number                      \_\_\_\_\_ Session Number  
\_\_\_\_/\_\_\_\_/\_\_\_\_ Date of Session                      \_\_\_\_\_ Therapist Initials

***Check if present:***

- \_\_\_\_\_ Therapist clearly stated the goal for today's session.
- \_\_\_\_\_ Therapist reviewed and/or assigned homework.
- \_\_\_\_\_ Therapist provided the theoretical basis of gradual exposure intervention.
- \_\_\_\_\_ Therapist worked through a trauma narrative with the child by:
  - \_\_\_\_\_ Creating a book
  - \_\_\_\_\_ Writing on a computer
  - \_\_\_\_\_ Other: \_\_\_\_\_
- \_\_\_\_\_ Therapist walked through the trauma narrative asking the child to add thoughts and feelings he/she was having during the events.
- \_\_\_\_\_ Therapist asked the child to describe the worst moment and include this in the book.
- \_\_\_\_\_ Therapist assisted the child in critically examining and appropriately modifying cognitive distortions about causality or responsibility for the traumatic event.
- \_\_\_\_\_ Therapist encouraged the child to write corrective story, or what they have learned through this process.
- \_\_\_\_\_ Therapist directly explored and corrected any of the child's cognitive errors.
- \_\_\_\_\_ Therapist read the trauma narrative through with the child and his/her parent(s).

Please indicate any additional therapeutic interventions you may have used.

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