

CATS PTSD Symptom Progress Monitoring- 7-18 Years

Please answer the questions based on how it is going since your last appointment.
 This progress monitoring tool will help you and the counselor know how you are doing. The counselor will discuss the results with you

Never	Once in a while	Half the time	Almost always
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1. Bad dreams reminding you of what happened.	0	1	2	3
2. Feeling as if what happened is happening all over again.	0	1	2	3
3. Trying not to think about what happened, or to not have feelings about it.	0	1	2	3
4. Staying away from people, places, things or situations that remind you of what happened.	0	1	2	3
5. Being overly careful (checking to see who is around you).	0	1	2	3
6. Being jumpy.	0	1	2	3

Clinical = 4+