**Scoring sheet UCL scale for rating core and generic therapeutic skills**

**Therapist name (or code):**

|  |  |  |
| --- | --- | --- |
|  | Score or N/A | Comments |
| 1. Establishing the professional context |  |  |
| 2. Non-verbal behaviour |  |  |
| 3. Working with difference |  |  |
| 4. Structure and pacing |  |  |
| 5. Active listening and empathy |  |  |
| 6. Undertaking a generic assessment |  |  |
| 7. Communicating a formulation/plan of intervention |  |  |
| 8. Discussing the intervention plan |  |  |
| 9. Responding to emotional content |  |  |
| 10. Collaboration |  |  |
| 11. Developing and fostering the therapeutic alliance |  |  |
| 12. Management of threats to the alliance |  |  |
| 13. Using measures |  |  |
| 14. Ending sessions |  |  |

\* N/A (not applicable) = appropriate for this area of competence not to be demonstrated in this session

**Summary of scores**

|  |  |  |
| --- | --- | --- |
| Number of items scored | |  |
|  | | Number of items above or below threshold for competence | | Proportion of items above/below threshold for competence |
| Number of items scored 1 |  |  | |  |
| Number of items scored 2 |  |
| Number of items scored 3 |  |  | |  |
| Number of items scored 4 |  |
| Number of items scored 5 |  |