

## Ability to use monitoring to promote change

An ability to identify changing patterns of beliefs, emotions and behaviours in the client(s) (e.g. the location of problems within the system or attributions of blame)
an ability to make use of these observations to select the most appropriate interventions to promote change
An ability to consider (where appropriate with colleagues) the outcome of a session in order to plan future sessions
An ability to use outcome measures to monitor progress in treatment
an ability to discuss these measures with the client(s)
an ability for the therapist to use measures to reflect on their own work and that of the service