Practice Assignment Review Form (PARF) for BA+CPT
(Walter, 2015) adapted from CPT PARF (Resick et al., 2014)

Session 2 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many days did you complete activity scheduling since the last session?

1	2	3	4	5	_____
not at all	1 – 2 days	3 – 4 days	5 – 6 days	daily	approx. # of minutes total

2. How many days to you rate your mood?

1	2	3	4	5
not at all	1 – 2 days	3 – 4 days	5 – 6 days	daily

3. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Session 3 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many goals did you meet since the last session?

1	2	3	4	5

2. How many days to you rate your mood?

1	2	3	4	5	_____
not at all	1 – 2 days	3 – 4 days	5 – 6 days	daily	approx. # of minutes total

3. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Session 4 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many goals did you meet since the last session?

1	2	3	4	5

2. How many days did you rate your mood?

1	2	3	4	5
not at all	1 – 2 days	3 – 4 days	5 – 6 days	Daily

3. How often did you work on writing the Impact Statement since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

4. How often did you read the Stuck Points Handout since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

5. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Writing the Impact Statement _____
Reading the Stuck Point Handout _____

Session 5 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many goals did you meet since the last session?

1	2	3	4	5

2. How many days did you rate your mood?

1	2	3	4	5
not at all	1 – 2 days	3 – 4 days	5 – 6 days	Daily

3. How often did you use the A-B-C Worksheet since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

4. How often did you look at the Identifying Emotions Handout?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

If NOT completed the first time:

5. How often did you work on writing the Impact Statement since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

6. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Weekly Goal Monitoring _____
Daily Mood Ratings _____
Writing the Impact Statement _____
Using the A-B-C Worksheet _____
Reading the Identifying Emotions Handout _____

Session 6 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many goals did you meet since the last session?

1	2	3	4	5

2. How many days did you rate your mood?

1	2	3	4	5
not at all	1 – 2 days	3 – 4 days	5 – 6 days	Daily

3. How often did you use the A-B-C Worksheet since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

4. How often did you work on writing the account of the worst trauma since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

5. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Weekly Goal Monitoring _____
Daily Mood Ratings _____
Using the A-B-C Worksheet _____
Writing the account _____

Session 7 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many goals did you meet since the last session?

1	2	3	4	5

2. How many days did you rate your mood?

1	2	3	4	5
not at all	1 – 2 days	3 – 4 days	5 – 6 days	Daily

3. How often did you use the A-B-C Worksheet since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

4. How often did you work on the written account since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

5. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Weekly Goal Monitoring _____
Daily Mood Ratings _____
Using the A-B-C Worksheet _____
Writing the account _____

Session 8 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many goals did you meet since the last session?

1	2	3	4	5

2. How many days did you rate your mood?

1	2	3	4	5
not at all	1 – 2 days	3 – 4 days	5 – 6 days	Daily

3. How often did you read the written account (or write and read a second account) since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

4. How often did you use the Challenging Questions Worksheet with regard to stuck points since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

5. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Weekly Goal Monitoring _____
Daily Mood Ratings _____
Reading the account _____
Using the Challenging Questions Worksheet _____

Session 9 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many goals did you meet since the last session?

1	2	3	4	5

2. How many days did you rate your mood?

1	2	3	4	5
not at all	1 – 2 days	3 – 4 days	5 – 6 days	Daily

3. How often did you read the written account(s) since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

4. How often did you use the Challenging Questions Worksheet with regards to stuck points since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

5. How often did you use the Patterns of Problematic Thinking Worksheet since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

6. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Weekly Goal Monitoring _____
Daily Mood Ratings _____
Reading the account(s) _____
Using the Challenging Questions Worksheet _____
Using the Patterns of Problematic Thinking Worksheet _____

Session 10 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many goals did you meet since the last session?

1	2	3	4	5

2. How many days did you rate your mood?

1	2	3	4	5
not at all	1 – 2 days	3 – 4 days	5 – 6 days	Daily

3. How often did you read the written account(s) since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

4. How often did you use the Challenging Beliefs Worksheet to address stuck points since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

5. How many times did you read the Safety Module since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

6. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Weekly Goal Monitoring _____
Daily Mood Ratings _____
Reading the account(s) _____
Using the Challenging Beliefs Worksheet _____
Reading the Safety Module _____

Session 11 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many goals did you meet since the last session?

1	2	3	4	5

2. How many days did you rate your mood?

1	2	3	4	5
not at all	1 – 2 days	3 – 4 days	5 – 6 days	Daily

3. How often did you read the written accounts since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

4. How often did you use the Challenging Beliefs Worksheets to address stuck points since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

5. How many times did you read the Trust Module since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

6. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Weekly Goal Monitoring _____
Daily Mood Ratings _____
Reading the account(s) _____
Using the Challenging Beliefs Worksheet _____
Reading the Trust Module _____

Session 12 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many goals did you meet since the last session?

1	2	3	4	5

2. How many days did you rate your mood?

1	2	3	4	5
not at all	1 – 2 days	3 – 4 days	5 – 6 days	Daily

3. How often did you read the written account(s) since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

4. How often did you use the Challenging Beliefs Worksheet to address stuck points since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

5. How many times did you read the Power/Control Module since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

6. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Weekly Goal Monitoring _____
Daily Mood Ratings _____
Reading the account(s) _____
Using the Challenging Beliefs Worksheet _____
Reading the Power/Control Module _____

Session 13 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many goals did you meet since the last session?

1	2	3	4	5

2. How many days did you rate your mood?

1	2	3	4	5
not at all	1 – 2 days	3 – 4 days	5 – 6 days	Daily

3. How often did you read the written account(s) since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

4. How often did you use the Challenging Beliefs Worksheet since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

5. How many times did you read the Esteem Module since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

6. How often did you practice giving and receiving compliments since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

7. How often did you do nice things for yourself since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

8. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Weekly Goal Monitoring _____
Daily Mood Ratings _____
Reading the account(s) _____
Using the Challenging Beliefs Worksheet _____
Reading the Esteem Module _____
Giving/receiving compliments _____
Doing nice things for yourself _____

Session 14 Practice Assignment Review

Code Number_____ Date_____ Therapist_____

Directions: Please indicate how often you used the skills listed below, and how helpful you found them, **since the last session** by circling the number that corresponds to your answer. For the last question, write in your response on the line next to each practice assignment listed.

1. How many goals did you meet since the last session?

1	2	3	4	5

2. How many days did you rate your mood?

1	2	3	4	5
not at all	1 – 2 days	3 – 4 days	5 – 6 days	Daily

3. How often did you read the written account(s) since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

4. How often did you use the Challenging Beliefs Worksheet to address stuck points about intimacy since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

5. How many times did you read the Intimacy Module since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

6. How often did you practice giving and receiving compliments since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

7. How often did you do nice things for yourself each day since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

8. How often did you think about the Impact Statement since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

9. How often did you attempt to rewrite the Impact Statement since the last session?

1	2	3	4	5	_____
not at all	fewer than 2 times	2–5 times	6–10 times	more than 10 times	approx. # of minutes total

10. How helpful did you find the following practice assignments since the last session?

1	2	3	4	5
not at all helpful	a little helpful	somewhat helpful	very helpful	extremely helpful

Weekly Goal Monitoring _____
Daily Mood Ratings _____
Reading the account(s) _____
Using the Challenging Beliefs Worksheet _____
Reading the Intimacy Module _____
Giving/receiving compliments _____
Doing nice things for yourself _____
Rewriting the Impact Statement _____