

# AF-CBT CASE COMPLETION CHECKLIST

For each family who has completed all 3 phases of AF-CBT, indicate the approximate date when each topic was completed. If a topic was not completed, provide an explanation in the comments box at the end of the form. Please have your supervisor review and verify the completion of both cases by signing the bottom of this form. Then, scan and e-mail or fax this form to your trainer for review.

Today's Date:  Agency:   
First Name:  Last Name:   
Supervisor:

## Phase I: Engagement and Psychoeducation

Topic	Case #1 Completion Date	Case #2 Completion Date
1a. Orientation (Caregiver)		
1b. Orientation (Child)		
2. Alliance Building and Engagement		
3. Learning About Feelings and Family Experiences		
4. Talking About Family Experiences and Psychoeducation		

## Phase II: Individual Skill Building

Topic	Case #1 Completion Date	Case #2 Completion Date
5. Emotional Regulation (Caregiver)		
6. Emotional Regulation (Child)		
7. Restructuring Thoughts (Caregiver)		
8. Restructuring Thoughts (Child)		
9. Noticing Positive Behavior		
10. Assertiveness and Social Skills		
11. Techniques for Managing Behavior		
12. Imaginal Exposure		
13. Preparation for Clarification		

## Phase III: Family Applications

Topic	Case #1 Completion Date	Case #2 Completion Date
14. Verbalizing Healthy Communication		
15. Enhancing Safety Through Clarification		
16. Solving Family Problems		
17. Graduation		

## Comments

## Supervisor Verification

Signature

Date