



**FEEDBACK INFORMED TREATMENT
(FIT) TRAINING RESOURCES
2021**

RESOURCE 1: IMPLEMENTING MY NEW ALLIANCE FEEDBACK QUESTION

PRINCIPLES OF ALLIANCE FEEDBACK TO GET ACTIONABLE INFORMATION

Question should be:

- Specific
- Detailed
- Task oriented
- Here & now focus

MY NEW ALLIANCE FEEDBACK QUESTION TO TRIAL:

Choose your feedback question from the three options provided at the NovoPsych FIT training. Write down which feedback question you would like to trial for the next 2 weeks.

MONITORING FREQUENCY OF USING ALLIANCE QUESTION WITH CLIENTS OVER 2 WEEKS

DAY	NUMBER OF CLIENTS I USED ALLIANCE FEEDBACK QUESTION WITH	NUMBER OF CLIENTS THAT ATTENDED SESSIONS
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
<p>QUESTION: Did frequency of using the alliance feedback question increase over the 2 week period?</p>		
<p> </p>		
<p>REFLECT: If the use of the alliance feedback question didn't increase, what do you think got in the way?</p>		
<p> </p>		

ALLIANCE FEEDBACK QUESTION: REFLECTION & ADAPTATION PLAN

CLIENT FEEDBACK GAINED

Write down some of the most surprising, useful or emotional feedback you received from clients using your new alliance feedback question.

REFLECTION

Write down your reflection about what this process of using your alliance feedback question has meant to you, your practice and your clients.

ADAPTATION

Over the course of the 2 week trail you would have noticed which elements of the alliance feedback question fit your style and what needs to be adapted to fit you better. Write down your adapted alliance feedback question below.

RESOURCE 2: INTRODUCING OUTCOME MEASURES AND HOW THE RESULTS WILL BE INTEGRATED INTO THERAPY

PROGRESS MEASURE & ALLIANCE MEASURE SCRIPT – INTRODUCING AT FIRST SESSION

Some of the aspects of the therapy I provide may be different from therapy you have had in the past. I measure the outcomes of treatment at every *[number of sessions you provide outcome measures]* session to monitor *[state what you measure whether it's distress, wellbeing or anything else]* to see if the treatment is effective. I help most people but I don't help all people. Importantly, we'll know if I'm not helping as we will be monitoring your results. If we identify it in this brief survey then we can experiment with different approaches to get you where you would like to be. If there's something I can do to tailor treatment to you please tell me at any time. I will also monitor how helpful you experienced each session and will get you to complete a brief survey at the end of all sessions to see how the therapy is fitting for you and to gain specific feedback on what you like and what should be changed. For now, let's start by getting you to complete the very first survey, this will help us to know how much *[state what you measure whether it's distress, wellbeing or anything else]* you are experiencing, let me know if you have any questions (*hand the ipad over*)

PROGRESS MEASURE SCRIPT – DISCUSSING AT FUTURE SESSIONS

I'm interested in how things have changed during treatment. I'd like you to complete this survey again and we can look at whether your *[state what you measure whether it's distress, wellbeing or anything else]* is reducing or whether there are other things I need to do to help you in treatment. If you could please fill this survey out and let me know if you have any questions.

ALLIANCE MEASURE SCRIPT – DISCUSSING AT FUTURE SESSIONS

I'm interested as to how this session fit for you today. We can always tailor and improve your therapy so any of the feedback from this survey we can discuss further into what you need for the next sessions. That way your therapy always just gets better and better for you. If you could please fill this survey out and let me know if you have any questions.

IMPLEMENTATION RESOURCES:
NovoPsych Feedback Informed Treatment Training 2021
NOTES
