

B A T S

Brief Addiction Therapist Scale

A tool for evaluating therapists' delivery of psychological therapies for alcohol and drug use problems.

Designed to facilitate training and supervision, and enhance therapist skill.

Instructions for use: For each item, circle a number on the 5-point scale reflecting the extent to which the therapist carried out the behaviour. For items that are not applicable to the session, score 0 'not at all'. Use the space provided on page 2 to give context, comments, and additional information e.g. the client's first session. Item definitions are provided on page 2. To be used with audio or video recordings of therapy sessions.

During the session...	Not at all	A little	Somewhat	A good	Extensive
1. The therapist kept the session focused on the aims for that session.	0	1	2	3	4
2. The therapist attempted to work together with the client.	0	1	2	3	4
3. The therapist conveyed empathy.	0	1	2	3	4
4. The therapist focused on the client's strengths.	0	1	2	3	4
5. The therapist used "complex reflections" – offering a perspective which added meaning and enabled the client to make connections.	0	1	2	3	4
6. The therapist and the client planned tasks for the client to do between sessions.	0	1	2	3	4
7. The therapist and the client reviewed tasks planned in the previous session.	0	1	2	3	4
8. The therapist enabled the client's goals for treatment to be discussed.	0	1	2	3	4
If in this session the focus was on building motivation for change:					
9. The therapist encouraged the client to consider inconsistencies between their substance use, and personal goals or values.	0	1	2	3	4
10. The therapist encouraged the client to talk about the positive aspects of changing substance use.	0	1	2	3	4
If in this session the focus was on planning or maintaining change:					
11. The therapist enabled a plan for changing the client's substance use, or maintaining change, to be discussed.	0	1	2	3	4
12. The therapist discussed how the client's social network might support changing substance use or maintaining change.	0	1	2	3	4

Total score:	
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Item definitions

1. **Session aims:** The therapist kept the session focused on clinically relevant aims during the session, e.g. target behaviour. This may or may not include explicit discussion of the purpose of the session, *e.g. to describe a relapse prevention plan*. Aims may change during the course of the session following disclosure of risk.
 2. **Working together:** Developing a collaborative relationship between the client and the therapist. It is about discussing, actively seeking the client's input; not telling, and not arguing.
 3. **Convey empathy:** Making efforts to convey warmth and understanding of the client's thoughts and feelings. The therapist avoids any blaming or labelling.
 4. **The client's strengths:** Helping the client to identify and focus on what they can do, not what they cannot do: achievements rather than failings.
 5. **Complex reflections:** Helping the client to gain insight by making and/or strengthening connections between things they have said. Going beyond repeating or slightly rephrasing what the client has said.
 6. **Planning tasks:** Any task that is planned (the therapist and the client agreed what to do and how to do it) for the client to do between sessions, *e.g. specific homework tasks, trying new behaviours*.
 7. **Reviewing tasks:** Explicit discussion in which tasks set in the previous session are reviewed. This item is not applicable if it is the client's first session, tick the box as appropriate.
 8. **Treatment goals:** Goals refer to the overall treatment goals, *e.g. abstinence, harm reduction, moderation*. The goals could be discussed by the therapist and/or the client.
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9. **Considering inconsistencies:** Exploring how the client's behaviour conflicts with his/her personal goals and values, *e.g. I need to drink a bottle of gin but I want to be a good parent*.
 10. **Talking about change:** The therapist encourages the client to talk about the positive aspects of changing.
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11. **Change planning:** Discussion of an overall plan to achieve the agreed treatment goals. Tasks represent the steps in the plan to achieve the overall treatment goals.
 12. **The social network:** The therapist facilitates a discussion about the client's actual and/or potential social network to identify how this may support the overall plan.
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Context, comments, and additional information:

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Figure 1: Brief Addiction Therapist Scale