**PERSON-CENTRED & EXPERIENTIAL PSYCHOTHERAPY SCALE – Young Person Supervision Version (PCEPS-YP-S) (3.12.2016)**

Therapist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Client: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Session Number: \_\_\_\_\_\_\_\_\_\_\_ Date of Session: \_\_\_\_\_\_\_\_\_\_\_

Supervisor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Rating: \_\_\_\_\_\_\_\_\_\_\_\_

**Please rate the excerpt using the items below in terms of adherence to the ETHOS trial model (i.e., to what extent were these features apparent). This scale is to be used in conjunction with the ETHOS Clinical Practice Manual and the full PCEPS-YP.**

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**1. THERAPEUTIC RELATIONSHIP** (PCEPS-YP 1-5; Manual pp. 41, 43, 45, 46-7, 64, 65)

To what degree are the qualities of empathy, acceptance and genuineness present in the session? How well has the counsellor conveyed an understanding of the client’s inner world?

1. Not at all 2. Minimal 3. Slight 4. Adequate 5. Good 6. Excellent

**2. WORKING WITH EMOTIONS** (PCEPS-YP 6,7; Manual pp. 51, 54, 65)

How well is the counsellor able to help the young person focus on, and articulate, their emotional experiences and meanings (both explicit and implicit)?

1. Not at all 2. Minimal 3. Slight 4. Adequate 5. Good 6. Excellent

**3. FACILITATION OF CLIENT SELF-DEVELOPMENT** (PCEPS-YP 8; Manual pp. 59-60, 65)

How much does the therapist recognise, support, or symbolise emerging new client emotions or other experiences and facilitate the client to translate them into new understandings or narratives about themselves and their world?

1. Not at all 2. Minimal 3. Slight 4. Adequate 5. Good 6. Excellent

**4. DEVELOPMENTAL RESPONSIVENESS** (PCEPS-YP 9; Manual pp. 27, 61-2, 65)

How skilful is the therapist in adapting their communication and practice to the young person’s developmental differences in relation to language, thinking and understanding, and expression of affect and behaviour?

1. Not at all 2. Minimal 3. Slight 4. Adequate 5. Good 6. Excellent