

CRAFT Checklist (Therapist Fidelity Checklist)

Therapist: _____ Rater: _____ Rating Date: _____ Subject #: _____ Session #: _____ Session Date: _____

Rating scale: 1 poor · 2 needs improvement · 3 satisfactory · 4 very good · 5 excellent

Initial Meeting — Motivational Strategies (Induction)

- Had CSO vent; describe problems created by IP's substance use
- Explored CSO's past attempts to help stop the substance abuse
- Outlined CRAFT's 3 major goals
- Gave rationale for using CSOs & described CSO's role
- Explained CRAFT principles (reinforcement) & gave overview of procedures
- Presented positive expectations (7/10 engage; variety of relationships/drugs; CSOs improve)
- Placed responsibility where it belongs
- Discussed confidentiality and safety
- Identified CSO's reinforcers

Domestic Violence Precautions

(items 11–14 required only if item 10 shows a threat exists) - Assessed potential for violence & severity - Determined level of social support (required if threat exists) - Identified triggers or "red flags" for violence (required if threat exists) - Developed safer CSO responses (required if threat exists) - Discussed self-protection (escape, safe house, restraining orders) (required if threat exists)

Functional Analysis of IP Substance Use

- Described FA & gave rationale as to why CSO should complete it
- Focused on IP's common using episode
- Clarified using behavior during episode
- Outlined triggers (external; internal)
- Outlined positive consequences of the substance use
- Outlined negative consequences of the substance use
- Reviewed FA overall & discussed how CSO could influence positive change

Communication Skills

- Discussed why communication is addressed
- Described/reviewed the 7 positive communication components
- Gave examples of good communications
- Role-played and gave feedback; repeated
- Did a reverse role-play

Use of Positive Reinforcement (Rewards)

- Defined a positive reinforcer/reward and when to use it
- Made distinction between enabling and positive reinforcement
- Discussed whether CSO could recognize signs of substance use & why it's important
- Generated a list of potential rewards & planned the delivery of one

Problem Solving

- Described/reviewed steps of the procedure

- Conducted problem solving procedure (e.g., defined the problem, brainstormed)

Time-Out from Positive Reinforcement (Withdrawing Rewards)

- Discussed CSO's current response to IP's substance use & the outcome
- Emphasized importance of withdrawing a planned reward if IP uses
- Generated additional rewards to withdraw at times of IP use
- Prepared to communicate the reason for withdrawing the reward
- Reviewed potential complications upon withdrawing the reward

Natural Consequences of Substance Use

- Explored CSO's unintentional support of the substance-using behavior
- Offered common examples of unintentional support & discussed the result
- Selected a potential situation in which to allow natural consequences for using
- Explored potential problems in allowing for the natural consequences
- Prepared to communicate the reason for allowing the natural consequences

CSOs Enriching Their Own Lives

- Discussed rationale for focusing on CSO's own happiness
- Provided rationale for Happiness Scale
- Gave instructions for Happiness Scale
- Reviewed some ratings on the Happiness Scale
- Used Happiness Scale to select goal category
- Set goal using guidelines

Inviting the IP to Enter Treatment

- Reviewed motivational "hooks" for treatment invitations
- Role-played the invitation using "hooks" + positive communication
- Discussed "windows of opportunity" for extending the invitation
- Discussed selecting an appropriate treatment provider
- Arranged for a rapid intake
- Prepared for possible refusal/dropout

Homework

- Assigned Homework (made specific, anticipated obstacles)
- Reviewed Homework (assessed outcome; modified plan if necessary; reinforced)

Overall

- Overall: stayed within CRAFT protocol (as far as philosophy & objectives)
- Overall: introduced CRAFT procedures at appropriate times

General Clinical Skills

- Warm/Understanding
- Non-judgmental
- Maintains session focus
- Appropriately active