Session Fidelity Checklist/Tracking Tool

Client ID: _____   Therapist: _____

Date: _____/_____/_____   Session Number: _____

Modality (circle all that apply):   Individual   Caregiver   Dyad/Family

Session Component	X if Yes	Notes/Comments (optional)
FOUNDATIONAL STRATEGIES		
Routines and Rhythms		
Use of in-session routines		
Supporting familial routines		
Use of structure(s) to support identified goals		
Engagement		
Specific strategies to support child engagement in goal/treatment		
Specific strategies to support caregiver engagement in goal/treatment		
Psychoeducation		
Provide psychoeducation to caregiver(s)		
Provide psychoeducation to child(ren)		
ATTACHMENT DOMAIN		
Identify Caregiver(s):		
Caregiver Affect Management		
Psychoeducation, normalization, depersonalization		
Identify difficult situations		
Build self-monitoring skills		
Self-care/caregiver toolbox		
Identify support resources		

(continued)

Session Component	X if Yes	Notes/Comments (optional)
Attunement		
Parallel attunement/understanding caregiver perspective		
Engage caregiver active curiosity		
Observing/validating youth experience/mirroring skills		
Use of attunement to support youth regulation		
Positive dyadic engagement		
Effective Response		
Proactive identification of behaviors/active planning		
Use of attunement skills to understand behavior patterns and needs		
Use of regulation or addressing needs to prevent/reduce behaviors		
Support concrete skill building in behavior management strategies		
REGULATION DOMAIN		
Identification		
Language for emotions and energy/arousal		
Understanding trauma response/triggers/body's alarm system		
Connection (body/thought/behavior)		
Contextualization (Internal/external factors leading to emotions/energy)		
Modulation		
Understanding degrees of feeling and energy		
Understanding comfort zone/effective modulation		
Exploring/experimenting with regulation tools		

Session Component	X if Yes	Notes/Comments (optional)
Identifying helpful strategies/building a toolbox		
Building external supports for modulation strategies		
COMPETENCY DOMAIN		
Relational Connection		
Explore goals of connection/relational history		
Identifying/establishing safe resources		
Create opportunities for connection and communication		
Build skills to support effective use of resources		
Teach appropriate physical/emotional boundaries		
Support effective verbal and nonverbal communication skills		
Executive Functions		
Support active recognition of choices/choice situations		
Support active evaluation of situations and goals		
Use of regulation skills to delay/inhibit responses		
Support in generating alternatives/identifying solutions		
Self-Development and Identity		
Help children identify personal attributes (Unique self)		
Build internal resources and identification of positive attributes (Positive self)		
Integrate self across states and time (past/present, multiple aspects of self (Cohesive self)		
Support capacity to imagine and work toward future goals/outcomes (Future self)		

Session Component	X if Yes	Notes/Comments (optional)
TRAUMA EXPERIENCE INTEGRATION		
Identify client state(s) that guided intervention today		
Caregiver:		
Regulation and distress tolerance: Managing arousal		
Curiosity and reflection: Building attuned understanding of self/others		
Engaging present action: Supporting purposeful action		
Child:		
Regulation and distress tolerance: Managing arousal		
Curiosity and reflection: Building attuned understanding of self/others		
Engaging present action: Supporting purposeful action		