

Order Form: Therapist's Toolkit (Includes the massive 2014 Upgrade)*

The Initial Assessment

- Clinician's History Form
- Concept of Self-Help Memo
- How to Make Therapy Rewarding Memo
- Administrative Memo

Session-by-Session Assessment

- **Brief Mood Survey**—
 1. Depression
 2. Suicidal Urges
 3. Anxiety
 4. Anger
 5. Relationship Satisfaction Scale
- **Evaluation of Therapy Session**
 1. Therapeutic Empathy
 2. Helpfulness of Therapy Session
 3. Satisfaction with Therapy Session
 4. Commitment to Doing Homework
 5. Negative Feelings During the Session
 6. Honesty in Filling Out the Surveys
 7. What did you like, or dislike, the most?
- **Powerful before-and-end of session scales**
- **Group Scales**
 1. Mood scales
 2. Evaluation of Therapy Group
- **Brief Mood Survey** in—
 1. French
 2. Spanish
 3. Russian
- **Chart Records**

New Children's Scales

- Sad Feelings (depression and suicidal urges)
- Anxious Feelings
- Angry Feelings
- Shy Feelings
- Hyperactive Feelings
- Therapist Niceness (Therapist Empathy)
- Therapist Helpfulness (Therapist Effectiveness)

Relationship Assessment

- Brief & Full-Length Relationship Satisfaction Scale
- Anger
 1. toward self
 2. toward others

Dangerousness Assessment

- Violent Fantasies
- Violent Plans and Urges
- Suicide Assessment
 1. Self-report scales
 2. Structured Suicidal Urges Interview
- Hopelessness Scale

Motivational Assessment

- Willingness Scale
- Why Our Patient's Resist Change
- Self-Help Report

Scales for Use in Medical Settings

- Brief Mood Survey
- Satisfaction with Doctor's Bedside Manner
- Satisfaction with Diagnosis and Treatment
- Brief Positive Feelings Survey
- Medication Record
- Side Effects Checklist
- Brief Pain Scale
 1. Pain Right Now
 2. Recent Pain

Scales for Positive Emotions

1. Self-Esteem
2. Feeling Good About Others
3. Happiness
4. Productivity
5. Playfulness
6. Freedom from Fear
7. Hope
8. Spiritual Awareness

Other Useful Tools

- Self-Defeating Beliefs
- Therapist's Report Card
- Scales for Use in Supervision & Teaching

Individual Therapy Tools

- Daily Mood Log
- Daily Mood Log Continuation Sheet
- Checklist of Cognitive Distortions
- 50 Ways to Untwist Your Thinking
- Cost-Benefit Analyses with instructions
- Pleasure Predicting Sheet with instructions
- The Anti-Procrastination Sheet
- Decision-Making Form with instructions
- The Anti-Hopelessness Memo
- 23 Common Self-Defeating Beliefs

Interpersonal Therapy Tools

- Relationship Cost-Benefit Analysis
- Relationship Journal
- EAR Checklist
- The Bad Communication Checklist
- Five Secrets of Effective Communication
- Feeling Words Chart
- 12 **GOOD** Reasons—
 1. **NOT** To Listen
 2. **NOT** To Express Your Feelings
 3. **NOT** to Treat the Other Person with Respect
- Attitudes that Inhibit Intimacy

Record-Keeping

- Progress Note (brief and detailed versions)
- Mood Records

The Final Evaluation

- Termination Summary
- Patient's Evaluation of Therapy

And Much More

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* Currently, the 2011 Upgrade is available via email attachment only

Yes! I want the Therapist's Toolkit!

Item	Cost	# Ordered	Total
1. Initial Toolkit. Comes with one license, includes 2011 Upgrade. Please add P&H below!	\$229		
2. Postage and handling for each Toolkit mailed to US	\$15 US \$45 Can \$60 Europe		
3. Additional Toolkits at same agency. Each comes with one license.	\$165		
4. Licenses for additional Therapist Toolkits. Additional individuals may be licensed for \$100 per person, assuming you are all practicing at the same location. Multiply the number of therapists in your practice / facility / institution times \$100. Does not include <i>Toolkit</i> . You must have at least one <i>Toolkit</i> to order additional licenses.	\$100		
5. EASY Diagnostic System (Screening for 56 Axis I and 10 Axis II Disorders)	\$149		
6. Additional Licenses for EASY Diagnostic System. Additional therapists must practice at same location as the therapist with the primary license.	\$75		

Subtotal → _____

Please add California sales tax if you live or work in California 9% of total → _____

Total → _____

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If you are ordering multiple licenses, include the name, address & phone # of every therapist who will be licensed to use the *Toolkit*. Send your order with a check to David Burns, M.D., PO Box 2044, Los Altos, CA 94023. No purchase orders or credit cards. Please allow 3 - 4 weeks for TK delivery. **Canadians send money order in US \$.** After you receive your *Toolkit*, send an email requesting the free 2014 Upgrade to david@feelinggood.com. The free upgrade comes as an email attachment. Use an email address that can receive attachments!

The *Therapist's Toolkit* is intended for use *only* by qualified mental health professionals.