**International Institute for Emotion-Focused Family Therapy**

**Therapeutic Apology – Level 1 / Standard Record Form**

TA – Level 1 #: Date of Session:

Initials of Caregiver Client:

Caregiver’s relationship to the loved one:

Topic of TA – Level 1:

1) Was the caregiver’s self-rated self-blame related to the topic 6 or lower (on a scale of 1-10; 10 being the highest level of self-blame)? If 7 or higher, this intervention is not warranted and instead consider TA – Level 2.

2) Did you complete and review the TA – Level 1 worksheet with the caregiver?

3) Summary of general feedback to the caregiver:

4) Did you use the script to enact the TA – Level 1 chair-work?

5) What was the idiosyncratic impact of the injury / event?

6) Did the caregiver validate each of the loved one’s emotions related to the injury / event (fear, sadness, shame, anger)?

7) List the “should-haves” from Step 1 (using the crystal ball and imagined access to resources):

8) List the changes the caregiver will commit to “starting today”:

9) What was the loved one’s reaction (anger, silence, denial, reassurance or pain)?

10) What did the caregiver report during the debrief?

11) Were the steps followed in order and with the support of the script in hand?

If not, what were the circumstances that led to those changes?

12) Consider:

1. Questions about the process?

1. Any clinician emotional reactions throughout the process?

1. What impact do you feel this intervention had for this caregiver and/or family?

d) Where do you feel you need additional supervision regarding the use of this intervention?