

## ATOS 1-PAGE BRIEF OVERVIEW – 20 POINT BRIEF RATING GUIDES 27 Aug 08

### The Psychotherapy Research Program at HMS

Leigh McCullough Ph.D., Director

#### AWARENESS OR INSIGHT INTO MALADAPTIVE PATTERNS OF THOUGHTS, FEELINGS, AND/OR BEHAVIORS

**81-100 - Excellent recognition** of problem patterns. Excellent links to past origin of behaviors. Excellent awareness/insight.

**61-80 - Good recognition** of problem patterns. Some description of origins in past, linked to present. Good awareness/insight.

**41-60 - Moderately clear recognition.** On own describes occurrence of maladaptive patterns. No references to past. Moderate awareness/insight.

**21-40 - Low recognition.** Can see problem pattern **only** when pointed out by therapist. Little/no elaboration. Minimal awareness/insight.

**1-20 - No recognition** of maladaptive behavior patterns, or unsure when pointed out. May mention anxiety without reference to pattern. No awareness/insight or resists awareness/insight.

#### MOTIVATION TO GIVE UP MALADAPTIVE PATTERNS OF THOUGHTS, FEELINGS, AND/OR BEHAVIORS

**81-100 - Excellent motivation** to give up maladaptive patterns. Very strong discomfort, sorrow, openness to change. Little/no resistance.

**61-80 - Strong motivation** to give up maladaptive patterns. Strong discomfort, sorrow, openness to change. Low resistance.

**41-60 - Moderate motivation** to give up maladaptive patterns. Moderate discomfort, sorrow, openness to change. Moderate resistance.

**21-40 - Low motivation** to give up maladaptive patterns. Low discomfort, sorrow, openness to change. Much resistance.

**1-20 - No motivation** to give up maladaptive patterns. Ego-syntonic/desirable. "This is who I am." Almost total resistance.

#### DEGREE OF INTENSITY OF AFFECTIVE AROUSAL (IN-SESSION EXPOSURE TO PHOBIC AFFECTS)

**81-100 - Full experience** of emotion, well-integrated. Full grief, full openness/tenderness/trust, full justifiable outrage, full joy, etc.

**61-80 - Strong experience** of emotion. Strong affect quickly cut off or sustained but a little held back.

**41-60 - Moderate experience** of emotion. Some grief, some anger, some openness/tenderness/trust/care, etc. Some holding back.

**21-40 - Low experience** of emotion. Beginning indications of grief, anger, openness/tenderness/trust/care/joy, etc. Much holding back.

**1-20 - Little/no physiological experience** of emotion in facial expression, verbal report, tone of voice, body movement. Flat, dull, bland presentation.

#### NEW LEARNING: ADAPTIVE EXPRESSION OF THOUGHTS, FEELINGS, WISHES, OR NEEDS

**81-100 - Excellent expression** of thoughts/feelings; sense of completeness, balance and excellent results. Great relief and satisfaction experienced.

**61-80 - Good expression** of thoughts/feelings; slight holding back. Not all expressed, but good sense of relief in speaking up. Good satisfaction.

**41-60 - Moderate expression** of thoughts or feelings; moderate holding back, but moderate effectiveness. Moderate relief. Moderate satisfaction.

**21-40 - Beginning attempt to express** thoughts or feelings. Much holding back. A little relief in expression. A little satisfaction.

**1-20 - No expression** of adaptive thoughts or feelings. Total holding back. No relief. No satisfaction. High end of this rating level: can begin to imagine expressing adaptive thoughts or feelings, wants and needs, but is as yet unable put it into action.

#### INHIBITORY FEELING: VERBAL OR NONVERBAL EVIDENCE OF THE OBSERVABLE PRESENCE OF ANXIETY, GUILT, SHAME, OR PAIN

**81-100 - Extreme inhibitory affect:** e.g., extreme shakiness, hesitancy, vigilance, trembling, anxiety or shame. Extreme uneasiness.

**61-80 - High inhibitory affect:** e.g., high levels of shakiness, hesitancy, vigilance, trembling, anxiety or shame. Great uneasiness.

**41-60 - Moderate inhibitory affect:** e.g., moderate shakiness, hesitancy, vigilance, trembling, anxiety or shame. Moderate uneasiness.

**21-40 - Low inhibitory affect:** e.g., low shakiness, hesitancy, vigilance, trembling, anxiety or shame. Low level of uneasiness.

**1-20 - Little or no inhibitory affect.** Little or no shakiness, guardedness, hesitancy, vigilance, trembling, anxiety, etc. Comfortable, at ease.

#### IMPROVEMENT IN SELF-IMAGE

**81-100 - Highly adaptive** sense of self; compassionate and accepting of strengths and vulnerabilities.

**61-80 - Very adaptive** sense of self; much compassion and acceptance, but some self-blame or shame present.

**41-60 - Moderately adaptive/maladaptive** aspects of self-image in approximately equal amounts.

**21-40 - Very maladaptive** sense of self, but a little compassion, and a little ability for acceptance.

**1-20 - Highly maladaptive** sense of self; little or no compassion, awareness, or self acceptance—or excessive grandiosity.

#### IMPROVEMENT IN IMAGE OF OTHERS

**81-100 - Highly adaptive** sense of others. Very much compassion/acceptance/trust in others; little or no idealization or devaluation.

**61-80 - Very adaptive** sense of others. Much compassion/acceptance/trust, but some devaluation or idealization.

**41-60 - Moderately adaptive** as well as maladaptive aspects; moderate compassion/acceptance/trust, moderate devaluation/idealization.

**21-40 - Very maladaptive** sense of others, but some compassion, empathy or ability for acceptance; much devaluation or idealization.

**1-20 - Highly maladaptive** sense of others; Little or no compassion, empathy or acceptance. Very much devaluation, idealization or splitting.