



Checklist for ART session on Anger Control Training

Date: _____ Head Trainer _____

Institution: _____ Co-Trainer _____

Facility: _____ Observer _____

Today's step/skill _____

Participants (number and name) _____

	<i>Yes</i>	<i>No</i>
1. Participants were welcomed to the session in a positive way	<input type="checkbox"/> _a	<input type="checkbox"/> _b
2. Questions from the previous session were followed up (difficulties with homework assignments, etc.)	<input type="checkbox"/> _a	<input type="checkbox"/> _b
3. The group was reminded of the rules with emphasis on constructive participation	<input type="checkbox"/> _a	<input type="checkbox"/> _b
4. All participants had completed their homework assignments	<input type="checkbox"/> _a	<input type="checkbox"/> _b
5. Situations from the hassle log were written down on the blackboard	<input type="checkbox"/> _a	<input type="checkbox"/> _b
6. Efforts and achievements regarding homework assignments were recognized and reinforced	<input type="checkbox"/> _a	<input type="checkbox"/> _b
7. Steps in the chain from previous sessions were repeated	<input type="checkbox"/> _a	<input type="checkbox"/> _b
8. The steps were visualized (written down or in some other way)	<input type="checkbox"/> _a	<input type="checkbox"/> _b
9. Today's lesson was introduced in an understandable and correct way	<input type="checkbox"/> _a	<input type="checkbox"/> _b
10. The purpose with today's step was clearly explained	<input type="checkbox"/> _a	<input type="checkbox"/> _b
11. The sequence was modelled with two specific examples with emphasis on the actual step	<input type="checkbox"/> _a	<input type="checkbox"/> _b
12. Steps were pointed out during the modelling and role-play	<input type="checkbox"/> _a	<input type="checkbox"/> _b
13. Participants role-played the steps as main actors from their own examples	<input type="checkbox"/> _a	<input type="checkbox"/> _b
14. Main actors did choose a co-actor (or more)	<input type="checkbox"/> _a	<input type="checkbox"/> _b
15. Trainees did give and receive feedback from other participants	<input type="checkbox"/> _a	<input type="checkbox"/> _b

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|---|---------------------------------------|---------------------------------------|
| 16. Feedback was obtained in correct order starting with the co-actor, observers, trainer and last the main actor | <input type="checkbox"/> _a | <input type="checkbox"/> _b |
| 17. The session was concluded with a summary | <input type="checkbox"/> _a | <input type="checkbox"/> _b |
| 18. Participants were given new homework assignments/hassle logs | <input type="checkbox"/> _a | <input type="checkbox"/> _b |
| 19. Problematic behavior during the session was handled properly | <input type="checkbox"/> _a | <input type="checkbox"/> _b |
| 20. The tempo was such that participants were active and interested | <input type="checkbox"/> _a | <input type="checkbox"/> _b |
| 21. Participants appeared to understand the session contents | <input type="checkbox"/> _a | <input type="checkbox"/> _b |
| 22. Interaction between trainers and participants was positive | <input type="checkbox"/> _a | <input type="checkbox"/> _b |
| 23. Interaction between trainers was good | <input type="checkbox"/> _a | <input type="checkbox"/> _b |
| 24. Locale, arrangement and equipment was suitable | <input type="checkbox"/> _a | <input type="checkbox"/> _b |
| 25. The trainers had prepared for the session properly | <input type="checkbox"/> _a | <input type="checkbox"/> _b |

26. Comments

27. Feedback from non-participating observers
