

5-DAY DIT COURSE CHECK LIST (NHS CONTEXT)

Therapist's name: _____ DIT Case No. _____

Session number	To do	✓
Before you begin	Give your DIT supervisor a current copy of your CV and provide your Line Manager's contact details	
Before you begin	Secure recording equipment and confirm how to provide recordings to your DIT supervisor in keeping with your workplace's Information Governance requirements	
Before you begin	Work out your annual leave and/or any planned breaks and share with your supervisor	
EVERY SESSION	Outcome measures PHQ & GAD Record each session Listen back to session; make supervision process notes Reading to support your DIT work Regular reviewing of the training booklet and DIT manual	
Session 0/Session 1	Complete a written consent form for sessional recordings	
Session 1	Agree remaining session times & breaks with your patient	
Session 1	Provide dataset at the start of therapy to your supervisor (PHQ-9; GAD-7)	
Session 3 (preferably)	Complete the Relationship Questionnaire	
Session 3	Bring provisional IPAF to supervision	
Session 4 (usually)	Negotiate IPAF including agreed goals with patient	
Session 4	Give IPAF session recording to supervisor to evaluate	
Middle Phase (session 5-12)	Give recording to supervisor to evaluate (first case)	
Session 12	Bring draft of goodbye letter to supervision	
Ending Phase (session 13-16)	Give recording to supervisor to evaluate (first case)	
Session 13	Share goodbye letter with patient	
Session 14 or 15	Redo Relationship Questionnaire and compare	
Session 14 & 15	Revise goodbye letter	
Session 16	Give patient final version of goodbye letter	
End of therapy	Once recordings are marked by your supervisor as satisfactory to demonstrate required DIT competencies, delete all recordings	
End of therapy	Provide required dataset to supervisor (PHQ-9; GAD-7) from the final DIT session, close case & update referrer	