

THROUGHOUT ALL SESSIONS	Did you link affect or symptoms, and interpersonal experiences ?	
	Did you use affectively-guided open questions and reflective, non-judgmental, empathic statements to improve the patient's experience of feeling understood?	
	Did you discuss ways to help the patient to find or use people as social supports ?	
	Did you track symptoms, and evaluate for safety and suicidal ideation ?	
BEGINNING SESSIONS	Did you discuss psycho-social stressors which occurred around the same time as the symptoms started or worsened?	
	Did you provide psychoeducation about depression, the sick role, and IPT?	
	Did you conduct an interpersonal inventory and ask about people in the patient's life who may be helpful to them now?	
	Did you discuss the goal of treatment which is: to decrease symptoms & improve functioning by finding ways to manage/adapt to the interpersonal problems of change or loss or disagreements?	
MIDDLE PHASE TASKS	Did you discuss details of communication in interactions or social role expectations in close relationships?	
	For Grief , did you explore the events of the death, the relationship with the dead person, or ways to cope with the loss?	
	For Role Transitions , did you assist the patient to process losses of the old role, and explore the challenges of the new social role, what's changed and ways to manage challenges of the new role (e.g. "Tell me about the change" - positive or negative aspects, challenges, ways of managing, or opportunities? What does the patient miss/gain?)	
	For Role Disputes , did you explore: 1. The relationship with the disputed other; 2. The issues in the disagreement (e.g. non-shared expectations, misunderstandings, betrayals of trust); 3. Interactions using communication analysis, and alternative ways to resolve misunderstandings and find solutions to these problems?	
	For Interpersonal Sensitivity , did you explore both past and present close relationships and discuss feelings and interactions in relationships to foster reflection and practice communication with attunement to emotions for building of social skills?	
CONCLUDING SESSIONS	Did you highlight the patient's efforts & progress ? Did you review the patient's experience of treatment ?	
	Did you help to prepare the patient to explore help-seeking options , and worries or feelings about concluding treatment? Provide reassurance that they could continue to remain well? Develop a contingency plan in the event of relapse?	