



# Clinician In-Session Evaluation Worksheet

## Guidance Tool for Between-Session Support Alignment

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### Patient Identifier (For Clinical Use Only)

Patient ID / Chart #: \_\_\_\_\_ Session Date: \_\_\_\_\_

Clinician Name: \_\_\_\_\_ Diagnosis (optional): \_\_\_\_\_

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### Purpose

This worksheet is intended to support clinicians in identifying whether a patient may benefit from structured, AI-assisted emotional support between sessions.

This tool provides guidance only and does not replace clinical judgment.

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### Instructions

- Check all applicable items
  - Each checked item = 1 point
  - Calculate total score at the end
  - Review interpretation guidelines
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## Evaluation and Scoring

### 1. Between-Session Needs (0–5 points)

The patient demonstrates:

- Difficulty applying therapeutic concepts outside of sessions
- Emotional escalation between visits
- Reliance on delayed support (waiting until next session)
- Need for reinforcement of coping strategies
- Limited access to support outside scheduled care

Section Score: \_\_\_\_ / 5

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## 2. Real-World Trigger Awareness (0–4 points)

The patient describes:

- Conflict in relationships between sessions
- Anxiety in unstructured environments (work, home, social)
- Emotional reactions they feel unprepared for
- Situations where support would have been helpful in real time

Section Score: \_\_\_\_ / 4

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## 3. Communication & Processing Style (0–4 points)

The patient appears to benefit from:

- Verbal processing of thoughts and emotions
- Guided reflection
- Structured conversation
- Real-time interaction and feedback

Section Score: \_\_\_\_ / 4

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## 4. Engagement Indicators (0–4 points)

The patient demonstrates:

- Willingness to engage in guided conversation
- Openness to support outside traditional sessions
- Curiosity about additional support tools
- Inconsistent follow-through between sessions

Section Score: \_\_\_\_ / 4

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## 5. Appropriateness Check (Required)

This support is intended for non-crisis, stable outpatient use.

If any of the following are present, this tool may not be appropriate:

- Active suicidal ideation or recent attempts
- Risk of harm to self or others
- Acute psychiatric instability
- Need for crisis intervention services

If ANY box above is checked → Stop: Not Appropriate at This Time

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**Total Score: \_\_\_\_\_ / 17**

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## Scoring Interpretation (Guidance Only)

### 13–17 → Strong Alignment

Patient demonstrates consistent need for between-session support and may benefit from structured, real-time reinforcement.

### 8–12 → Appropriate Use

Patient may benefit in specific scenarios, particularly where reinforcement or real-time support is needed.

### 4–7 → Limited Alignment

Use may be situational; clinical judgment should guide appropriateness.

### 0–3 → Minimal Alignment

Patient does not currently demonstrate strong indicators for between-session support.

### Important Note

This scoring model is intended to support clinical judgment and does not replace clinician evaluation or decision-making. It is not a diagnostic or clinical assessment tool.

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## Clinical Appropriateness & Safety Check

**Before recommending inter-session support, consider the following:**

- Patient is not currently experiencing active suicidal ideation with intent or plan
- Patient is not in immediate crisis requiring emergency intervention
- Patient is able to engage in verbal conversation and follow prompts
- Patient understands this is support, not therapy or emergency care
- Patient has an established care plan or clinician relationship (recommended)

**If any of the above are not met, alternative or higher-level support should be prioritized.**

**This tool is intended to support clinical judgment, not replace it.**

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### Disclaimer

This document is provided by Thrive Mental, LLC for informational and clinical support purposes only. It is intended to assist licensed professionals in evaluating AI-assisted emotional support as a supplemental, between-session resource.

This tool is not diagnostic and does not provide medical or clinical advice. It does not replace professional judgment, clinical evaluation, or established standards of care.

AI-assisted support is not intended for diagnosis, treatment, or crisis use. Clinicians are solely responsible for determining appropriateness based on individual patient needs and applicable regulations. Use must comply with all relevant laws, professional guidelines, and patient privacy requirements.