

**Figure 2. The Therapist Metacognitive Adherence Scale.**

1. Openness to the patient's agenda at the session outset and throughout the session.  
1.....2.....3.....4.....5
  1. Offer of the therapist's thoughts/perceptions regarding the patient's behavior in the session.  
1.....2.....3.....4.....5
  3. Details of a narrative episode are elicited.  
1.....2.....3.....4.....5
  4. A psychological problem or dilemma is framed as something to be discussed.  
1.....2.....3.....4.....5
  5. Reflection on the interpersonal processes during the session is elicited.  
1.....2.....3.....4.....5
  6. Reflection on progress/ course of the session is elicited at various times during the session or at session's end.  
1.....2.....3.....4.....5
  7. The patient is stimulated to engage in metacognitive acts with interventions that are appropriate to patient's capacity for self-reflectivity and/or awareness of the mind of the other.  
1.....2.....3.....4.....5
  8. The patient is stimulated to engage in metacognitive acts with interventions that are appropriate to patients' capacity for metacognitive mastery.  
1.....2.....3.....4.....5
- Key: **1.** absent; **2.** intermittent moments in which basic competency is present; **3.** fully adequate or competent throughout; **4.** fully adequate with some periods of exceptional performance; **5.** consistently exceptional performance.