

The Flexible CBT Approach: Online Textbook and Training Program

Templates for Treatment Planning (from Module 3)

First Line Clinical Decision-Making:

Matching Treatment Interventions to Problems

If these problems:	Then consider these interventions:
<ul style="list-style-type: none"> ➤ <i>Identify Problems in Functioning</i> <ul style="list-style-type: none"> ○ <i>Overwhelmed with problems</i> ○ <i>Main focus on distressing feelings without sense of agency</i> ○ <i>Unclear about priorities</i> 	<ul style="list-style-type: none"> △ Self-Assessment Skills: Learn Triangle to differentiate problems into thoughts, behaviors, and feelings △ De-construct into small chunks as concretely as possible △ Work collaboratively to prioritize starting points for treatment
<ul style="list-style-type: none"> ➤ <i>Unclear of diagnosis / condition</i> 	<ul style="list-style-type: none"> △ Basic Psychoeducation to provide frame of reference for problems
<ul style="list-style-type: none"> ➤ <i>Minimal daily Life structure</i> <ul style="list-style-type: none"> ○ <i>Inertia</i> ○ <i>Little or no motivation</i> ○ <i>Poor sleep patterns</i> ○ <i>Depressed mood</i> 	<ul style="list-style-type: none"> △ Behavioral Scheduling/Behavioral Activation <ul style="list-style-type: none"> ○ Build activities one at a time ○ Sleep Hygiene routine ○ Move toward balance of mastery/pleasure/self-care
<ul style="list-style-type: none"> ➤ <i>Poor sense of life patterns</i> <ul style="list-style-type: none"> ○ <i>Does not see causal sequences</i> ○ <i>Unclear of triggers</i> ○ <i>May see patterns, but doesn't change</i> 	<ul style="list-style-type: none"> △ Self-Assessment: Review flow of triangle △ Description skills for life context △ Chain Analysis (macro /micro) <ul style="list-style-type: none"> ○ Identify Triggers / typical reactions ○ Consider alternatives
<ul style="list-style-type: none"> ➤ <i>Pervasive Negative Thoughts</i> <ul style="list-style-type: none"> ○ <i>Self-critical patterns</i> ○ <i>Ruminative thoughts</i> ○ <i>Automatically thinks negatively</i> ○ <i>Related to depressed mood</i> 	<ul style="list-style-type: none"> △ Distinguish thoughts and feelings △ Mood Monitor/Thought records <ul style="list-style-type: none"> ○ Guided discovery/Question Evidence ○ Identify Cognitive Distortions ○ "Don't believe everything you think" △ Practice in and outside session
<ul style="list-style-type: none"> ➤ <i>Social Isolation and Avoidance</i> <ul style="list-style-type: none"> ○ <i>Avoiding people</i> ○ <i>Hiding out</i> ○ <i>Shame</i> ○ <i>Fear of change</i> 	<ul style="list-style-type: none"> △ Use triangle to describe patterns △ Assess anxiety, shame, inertia △ Behavioral Scheduling—one social contact at a time △ Focus on how to ask for help
<ul style="list-style-type: none"> ➤ <i>Anxiety</i> <ul style="list-style-type: none"> ○ <i>Anticipatory Anxiety</i> ○ <i>Physiological Anxiety</i> ○ <i>Avoidance</i> 	<ul style="list-style-type: none"> △ Psychoeducation re: anticipatory anxiety △ Psychoeducation on fear of anxious feelings △ Psychoeducation about Avoidance △ Teach normalized breathing △ Introduce concept of Acceptance

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Second Line Clinical Decision-Making: *Complex Skills to Match Interventions to Problems*

If these problems:	Then consider these interventions:
<ul style="list-style-type: none"> ➤ <i>Patterns of Relapse</i> <ul style="list-style-type: none"> ○ <i>Depression</i> ○ <i>Anxiety</i> ○ <i>Personality Disorders</i> ○ <i>Bipolar Disorder</i> ○ <i>Substance Abuse</i> 	<ul style="list-style-type: none"> △ Relapse Prevention (RP) Plan <ul style="list-style-type: none"> ○ Integrate Self-Assessment and Behavioral Coping Skills ○ Focus on triggers and patterns of reactions △ Tailor RP plan to specific patterns related to diagnostic profile
<ul style="list-style-type: none"> ➤ <i>Self-Destructive Behaviors</i> <ul style="list-style-type: none"> ○ <i>Self-harm</i> ○ <i>Self Injurious Behaviors (SIB)</i> 	<ul style="list-style-type: none"> △ Impulse Control Plan <ul style="list-style-type: none"> ○ Identify triggers and sequences of reactions ○ Integrate Self-Assessment and Behavioral Coping Skills △ Distress Tolerance <ul style="list-style-type: none"> ○ First move away from distress ○ Advanced skill to accept and tolerate distress
<ul style="list-style-type: none"> ➤ <i>Anxiety Disorders</i> <ul style="list-style-type: none"> ○ <i>Social Anxiety</i> ○ <i>Panic Disorder</i> ○ <i>Generalized Anxiety Disorder</i> 	<ul style="list-style-type: none"> △ Use Barlow's Unified Treatment Interventions <ul style="list-style-type: none"> ○ Cognitive Re-Appraisals ○ Behavioral Activation despite anxiety ○ Exposure △ Identify need for more formal protocol for specific anxiety disorder, or that general approach suffices for this stage of treatment