

## **STRUCTURE OF THERAPY SESSIONS**

### **CHECK IN (as it applies to the problems we are working on) 5 minutes**

- Any significant events since last session
- Current Mood or Anxiety Level
- Significant changes (better or worse)

### **REVIEW HOMEWORK**

### **DISCUSS HOMEWORK**

- Difficulties encountered
- What was learned

### **SET THE AGENDA**

List topics the patient and therapist agree will be the focus of the therapy session. Include new situations or problem, further work on old situation or housekeeping related to the therapy itself.

#### **Guidelines:**

- Work collaboratively
- Prioritize agenda items
- Be realistic about what can be accomplished
- Keep treatment goals in mind

### **WORK THE AGENDA**

### **ASSIGN HOMEWORK**