












		Notes
Setting the agenda	1.Last session review 2.Last homework 3. 4. 5.Homework	Priorities and time allocated
1. Last session	<ul style="list-style-type: none"> ○ A ○ B ○ C -Validate -Can homework be set as an action? 'what would the patient want to do to add to this learning?'  	
2. Last homework	<ul style="list-style-type: none"> ○ A ○ B ○ C  -Validate -Guided discovery -Can homework be set as an action? 'what would the patient want to do to add to this learning?'  	
3.	<ul style="list-style-type: none"> ○ A ○ B ○ C  -Validate -Guided discovery -Can homework be set as an action? 'what would the patient want to do to add to this learning?'  	
4.	<ul style="list-style-type: none"> ○ A ○ B ○ C  -Validate -Guided discovery -Can homework be set as an action? 'what would the patient want to do to add to this learning?' 	
5. Homework		

Keys:



Clinician summarises and asks for patient to summarise



Link learning back to the formulation

A

B → Cover the thoughts, behaviours and feelings

C

V: Validate, empathy, understanding