
























Agenda setting	<div> <div>Collaborative</div> <div>Specific</div> <div></div> <div></div> </div> <div> 1 Last session review 2 Home practice review/ review of week 3 4 Leave time to conclude homework Total </div>	Time set/ sessions for notes for next session <div> <div></div> <div></div> <div></div> <div></div> <div>10</div> <div></div> </div>
Item 1	Last session review  ABC    	 
Item 2	Home practice review/ review of week  ABC    	 
Item 3	 ABC    	 

Item 4	 ABC    	 
Conclude Home practice	 	 

Key



Check time- verbally with patient (we have spent about 10 mins on X, do you want to spend more time? ..)



Bring up back to the formulation (How does this link to what we have discussed before about X, or schedule some time for next week?)



Validation, empathy, warm, professional



Collaboration (how do you think we could test this out?)



Guided discovery



Change method (remember to link with homework_

ABC Ask questions about emotions, behaviours and cognitions (when you felt X what did you think?)



Patient feedback (could you summarise what you have understood about what we have discussed here), ask funnelled questions to ascertain understanding



Patient feedback (could I share with you my understanding about what you have said about X)