

SESSION RECORD AND STRATEGY LIST

Session number: date: therapist: client ID:

Target appraisal:

Conviction (0-100): Distress (0-100) Disruption (0-100):

What was on the agenda?

Between session tasks

Old participant BST reviewed (and done or not?):

New participant BST collaboratively set:

Old therapist BST reviewed (and done or not?):

New therapist BST set:

Was rational for new BST primarily:

information collection (e.g. diary, reading, survey)

experiment

skills practice (e.g. list of alternatives, worry postponement)

listening to session

Intervention components (tick all that apply to a reasonable dose – ideally no more than 3 or 4 per session; often 1 or 2 will be appropriate)

Engagement / relationship building / telling their story / timeline (justify if it is the only one)

Work on problem and goals / motivational work / increase self-expectations

Maintenance (mini-) formulation / recent incident analysis (attach if done)

Longitudinal Formulation (attach if done)

Normalisation

Examining advantages and disadvantages

Coping strategies / rational responding / sleep hygiene

Role play/skills practice

Evidential analysis / peripheral questioning

Generating alternative explanations

Survey planning / review

Safety Behaviours / behavioural experiments in-session/therapist-assisted/ exposure

Metacognitive beliefs (e.g. positive/negative beliefs about paranoia/rumination/worry)

Metacognitive strategies (e.g. postponing perseverative processing; detached mindfulness)

Attentional strategies (e.g. external focus, attention training)

Imagery modification / enhancement / correcting memory biases / reliving trauma

Core beliefs / schema change /

Beliefs/expectations about success and pleasure

Reducing social isolation / graded activity scheduling / mastery and pleasure / schedule success

Relapse prevention