

APPENDIX 2.2: SAMPLE COGNITIVE BEHAVIORAL THERAPY SESSION OUTLINES

Sessions 1–2

- Establish rapport; provide validation and reassurance.
- Review problem list; identify areas of most distress.
- Provide psychoeducation about anxiety disorders and treatment.
- Provide general outline for therapy process.
- Emphasize importance of self-monitoring and at-home practice.
- Invite family member to one session if possible.
- Elicit reactions to sessions.

Sessions 3–5

- Provide relaxation training.
- Address issues related to not completing home assignments.
- Elicit reactions to sessions.

Sessions 6–8

- Review homework (i.e., relaxation techniques, thought–mood tracking).
- Teach strategies for problem solving.
- Elicit reactions to sessions.

Session 9

- Review homework (i.e., relaxation techniques, problem solving).
- Address issues related to not practicing new skills at home.
- Teach patient sleep hygiene strategies.
- Elicit reaction to session.

Session 10

- Review homework (i.e., relaxation techniques, problem solving, sleep guidelines).
- Address issues related to not completing home assignments.
- Instruct patient on methods for thought stopping and stimulus control.
- Help patient schedule “worry” time.
- Elicit reaction to session.

Sessions 11–12

Review homework (i.e., relaxation techniques, worry time, problem solving).

Address issues related to not completing home assignments.

Teach assertiveness and communication skills.

Role play with patient and assign homework to practice in real life.

Elicit reactions to sessions.

Sessions 13–14

Review homework (i.e., relaxation techniques, worry time, problem solving, assertiveness skills).

Address issues related to not completing home assignments.

Discuss how to increase pleasant activity scheduling.

Elicit reactions to sessions.

Sessions 15–16

Review homework (i.e., relaxation techniques, thought–mood tracking, worry time, problem solving, assertiveness skills, pleasant activities).

Address issues related to not completing home assignments.

Discuss mindfulness and acceptance of uncontrollable events.

Elicit reactions to sessions.

Session 17

Discuss importance of using all skills learned thus far to manage time.

Move toward termination.

Elicit reaction to session.

Sessions 18–20

Review all skills–techniques–strategies learned to date.

Discuss progress made in therapy, areas of continued effort, ongoing challenges.

Elicit reaction to therapy process.

Final session—termination.