

Structure of Typical CBT Session

- Assess mood (subjective and objective reports) and review recent events
- Collaboratively set an agenda for the session
- Review homework from the previous session; reinforce progress
- Discuss “issues and incidents” on the agenda
- Introduce or review specific skill or “module” to address these concerns
- Formulate a homework task, identify factors that may interfere with successful completion
- Help patient to summarize main points and conclusions
- Discuss thoughts and feelings about the session

Cbt Session Structure

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