

# SAMPLE INTERVENTIONS

## Clinical

1. Administered questionnaire to assist with diagnosis/assess symptom severity (ex. Beck Depression Inventory, Burns Anxiety Inventory or Burns Depression Checklist); gave follow-up questionnaire to check for progress
2. Utilized EMDR / EFT techniques to address trauma symptoms
3. Monitored medication compliance [Note: Add details about compliance, even if all is fine: ex. "client reports taking medications as prescribed with no negative side effects"]
4. Discussed behavioral homework / journal / letter-writing assignment / reading assignment. (note insights)
5. Taught self-soothing techniques, including breathing techniques, progressive relaxation, and visualization
6. Helped client identify negative impact of anger, and positive consequences of anger management
7. Used motivational interviewing to strengthen commitment to therapy and to change dysfunctional behavior
8. Helped client identify and challenge cognitive distortions, and to replace with positive affirmations
9. Helped client identify negative self-talk; taught thought-stopping techniques
10. Taught mindfulness meditation
11. Helped client identify how key life figures coped with anger, and how this affected client expression of anger
12. Had client visualize scene that provokes anxiety or anger, then after using relaxation skills, to visualize utilizing healthy coping skills or alternate outcome
13. Educated client about addiction / codependency / enabling / 12 Step concepts
14. Helped client identify dysfunctional coping mechanisms from alcoholic/abusive childhood home she still uses
15. Taught assertive communication techniques; role played using techniques
16. Assisted client in improving problem-solving skills, including clearly defining problem, brainstorming possible solutions, evaluating the pros and cons of each, and implementing a plan of action.
17. Taught conflict resolution skills
18. Taught and practiced active / reflective listening
19. Conducted couples/family session to give client support to speed progress
20. Predicted possible causes of "relapse." Had client make list of how she would deal with it if felt that depressed/anxious/angry again, or faced same problem again
21. Utilized art therapy techniques, had client draw / sculpt / paint etc. how she felt when \_\_\_\_\_ occurred.
22. In order to lower client defenses, utilized play therapy techniques, while encouraging client to describe stressors
23. Assessed for risk factors, including substance abuse, suicidal or homicidal ideation; none reported by client.
24. Discussed moving to twice monthly sessions to maintain therapeutic gains while preventing relapse.
25. Due to exacerbation of symptoms, suggested second session this week; client agreed
26. Reviewed progress toward treatment goals (specify progress); updated treatment plan (how?)
27. Processed fears related to \_\_\_\_\_
28. Pointed out strengths and coping abilities; explored how client had dealt with difficult situations in past
29. Discussed safety plan for when client feels like acting on thoughts of self harm

## Practical

1. Discussed confidentiality / limits of confidentiality /what information may be needed by insurance
2. Discussed appropriate use of answering service / crisis coverage
3. Discussed fees / policies / vacation coverage in my absence
4. Discussed bringing in spouse, and risks and benefits of doing couples and individual therapy with same therapist.
5. Got release for doctor/psychiatrist/counselor. Discussed concerns about and benefits of care coordination

## Referrals (state purpose of referral)

1. Referred for medication evaluation / physical exam
2. Referred to EMDR as an adjunct treatment for trauma symptoms
3. Referred to couples therapy / individual therapy / self-help support group / 12-Step group / therapy group
4. Referred client to (assertiveness / healthy communication / mindfulness / stress reduction etc.) class

## Homework

1. Assigned journaling of situations that cause anger or irritation, to increase awareness of anger triggers
2. Assigned client to write letter (not to send) to person she is having trouble forgiving, to increase awareness of causes of hurt/anger and to assist in letting go of emotions contributing to symptoms
3. Assigned client to identify and journal negative self-talk, and practice writing replacement affirmations
4. Assigned client to write complete alcohol and drug history, including reasons for use and negative consequences
5. Assigned material to read, view, or listen to (handouts, books, articles, podcasts, videos, etc).
6. Client will practice assigned Systematic Desensitization exercises to face fears for increasing amounts of time
7. Assigned clients to go on night out without children to strengthen marital support system
8. Assigned daily physical exercise to reduce symptoms, helped client choose type and time that she could do daily.