



THERAPY COMPONENTS CHECKLIST

The attached is a list of topics which would normally be covered during a course of CBT in GAD in an IAPT setting. Some will be presented by the client; others must be specifically sought and may be appropriate for discussion earlier or later during CBT, depending on the individual circumstances. You are being asked to fill this in as it is helpful for us to keep a record of the components that have been covered during CBT.

Instructions for Use

After each CBT session, please go through the checklist and indicate what topics were covered and when by marking a tick under the corresponding session number. If a topic is re-visited in another session, please indicate this by ticking all sessions the topic/component is covered in. If any topics are deliberately excluded (e.g. by negotiation with the client), please indicate the reasons for this in the comments box. The individual components of the checklist have been placed into sections for convenience. However the division of these is somewhat arbitrary. For example behavioural techniques may be associated with cognitive change and cognitive change may be associated with new behaviours.

Where appropriate these areas should be covered during the course of therapy. However we are not seeking a 'cookbook approach' and therefore this list should be considered a guide rather than a requirement.

Patient ID:

Therapist Initials:

Session the component was covered:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
General Procedures																
Initial assessment																
Psychoeducation on GAD																
Explain Dugas CBT model																
Present a shared formulation																
Eliciting patient feedback																
Goal setting in therapy session																
Review of shared formulation																
Between session exercises (homework)																
Checking that the patient has understood																
Relapse prevention																
General CBT techniques																
Elicited key cognitions																
Identified key emotions																
Elicited key behaviours																
Use of guided discovery																
Psycho-education and worry awareness																
Normalised worry																
Explored types of worries																
Engaged in worry awareness training																
Evaluation of the usefulness of worry																
Explore the usefulness of worry																
Role played lawyer/prosecutor																
Uncertainty recognition/ exposure																
Behavioural exposure to uncertainty																
Strategies for dealing with uncertainty																
Dropping safety behaviours																
Problem solving																
Problem orientation																
Problem definition and goal formulation																
Brainstorming alternatives																
Decision making																
Solution implementation																
Written exposure																
Did you undertake written exposure																
Was the present tense used																
Depiction of the worst case scenario																
Included a variety of senses																
Included the emotional reaction																
Use of Specific GAD forms																
Worry diary																
Beliefs about worry																
Advantages/disadvantages of worry																
Manifestations of intolerance to uncertainty																
Exposure to uncertainty																
Recurrent problems checklist																
Resolution of a problem																
Scenario for exposure																
Exposure summary																