Application

- How do you think you could use X this coming week?
- Can you think of a time last week when you could have used X?
- We've worked on is X, was X helpful in this situation?

Evaluation

- What would be the benefit of using X?
- What are the drawbacks of thinking that way?
- What are the Pros and/or Cons of this?

Attention Recruitment

- Pointing to CBT Model, DEAR form, list of Thinking Traps
- That is a *really important* point to keep in mind…
- Doing a role play

Practice Remembering

- What were some of the main points we discussed today/last session?
- How would you summarize that idea?
- Can you put that concept/skill in your own words?

Categorization

- Let's think about the helpful techniques we've discussed…
- These are some of the setbacks that we've identified…
- As we discussed, these are situations that might be triggers…

Praise Recall

- That's great! I am so glad you remembered to use that skill!
- You've been doing a fantastic job learning this new information!
- Great job continuing the behavioral experiments. It sounds like you are making a big effort to continue to do things like that.

Cue-Based Reminder

- Notice how you are feeling and use that as a cue to check in about the thoughts are going through your mind…
- Use this cue to remind yourself to implement X
- What can you use to remind yourself to do X? (give suggestions)

Repetition

- To review last session, we discussed [*insert Treatment Point*]
- Today we talked about [*insert Treatment Point*]
- Repeating any Treatment Points discussed

Bundle 1 Repetition + Attention Recruitment	Repeat previous information (CBT model, Thinking Traps, etc.) and showing corresponding form Example: • Tx: Last session we discussed the Cognitive Model, where we noticed the connection between thoughts, behaviors, and mood [show CBT model to Pt
Bundle 2 Practice Remembering + Repetition	Ask Pt what they remember from a previous TP and restate the information/fill in gaps Example: • Tx: How would you summarize this information on Assertive Communication? • Pt: [responds] • Tx: And remember the DEAR model also states… ***Note: Use a Praise Recall if Pt correctly remembers/answers
Bundle 3 Practice Remembering + Application	Ask Pt what skills/TP they remember and which one(s) might be useful in a particular situation Example: • Tx: What skills have we discussed so far? • Pt: [responds] • Tx: How might you use X in this situation? ***Note: Use a Praise Recall if Pt correctly remembers/answers
Bundle 4 Evaluation + Repetition	Ask Pt the benefits/drawbacks of new skills/TP and restate the information/fill in gaps Example: • Tx: And would be the benefits of using this approach moving forward? • Pt: [responds] • Tx: Right, X, Y, Z can be so helpful when dealing with stressful situations
Bundle 5 Attention Recruitment + Application	Ask Pt what skills apply (or how to apply them) and drawing in their attention Example: • Tx: "And what do you think I would tell you do to this in situation?" (AT is the role-play) • Tx: "Do you think you are falling into any Thinking Traps in this case?" [showing Pt list of Thinking Traps]