

1. Schedule ahead—make definite appointments, if possible, and call to confirm.
2. Consider coming as a preventive measure, even if you have been maintaining your progress.
3. Prepare before you come. Decide what would be helpful to discuss, including:
 - a. What has gone well for you?
 - b. What problems arose? How did you handle them? Was there a better way of handling them?
 - c. What problem(s) could arise between this booster session and your next booster session? Imagine the problem in detail. What automatic thoughts might you have? What beliefs might be activated? How will you deal with the automatic thoughts/beliefs? How will you problem-solve?
 - d. What cognitive behavior therapy work did you do? What cognitive behavior therapy work would you like to do between now and the next booster session? What automatic thoughts might get in the way of doing the cognitive behavior therapy work? How will you answer these thoughts?
 - e. What further goals do you have for yourself? How will you achieve them? How can the things you learned in cognitive behavior therapy help?

FIGURE 18.5. Guide to booster sessions. From *Cognitive behavior therapy worksheet packet*. Copyright 2011 by Judith S. Beck. Bala Cynwyd, PA: Beck Institute for Cognitive Behavior Therapy.

Reprinted by permission in *Cognitive Behavior Therapy: Basics and Beyond, Second Edition*, by Judith S. Beck (Guilford Press, 2011). Permission to photocopy this material is granted to purchasers of this book for personal use only (see copyright page for details).