

USING CT-R STRATEGIES IN TELEHEALTH

Access the Adaptive Mode: Connect with "Best Self"

- Do activities together over the phone (listen to music, ask silly-fun trivia questions)
- Challenge each other to do activities and "report back" in your next session
- Use vivid imagery of adaptive mode activities (travel, outdoors, cooking)

Energize the Adaptive Mode: Build opportunities for energy, connection, and positive beliefs

- Strive for predictable and consistent sessions
- Collaborate to make experiencing the adaptive mode frequent (positive activity scheduling or reminders/alarms on phones)
- Draw conclusions about impact of activities on positive beliefs about connection, energy, capability, control or helpfulness

Develop Aspirations: Identify and enrich plans for the future

- Visualize together how to stay connected to aspirations and bolster hope
- Elicit meaning underlying aspirations; find ways to experience meaning and purpose every day

Actualize Aspirations: Collaborate on small, meaningful steps towards future/aspirations

- Get creative: teach you or others how to do certain things, help others, and take steps when possible towards future
- Use positive activity scheduling
- Use relaxation, stress management, or refocusing to address challenges as they arise (stress, uncertainty)

Strengthen the Adaptive Mode: Draw conclusions about successes, strengths and positive experience connected to hope for the future

- Keep the focus on what can be controlled vs. cannot
- Highlight when individuals have more control, are more capable, or more connected than they may expect
- Use guided discovery to strengthen beliefs about resiliency