

PRINCIPLES OF TREATMENT CHECKLIST

1. CBT TREATMENT PLANS ARE BASED ON AN EVER-EVOLVING COGNITIVE CONCEPTUALIZATION.
2. CBT REQUIRES A SOUND THERAPEUTIC RELATIONSHIP.
3. CBT CONTINUALLY MONITORS CLIENT PROGRESS.
4. CBT IS CULTURALLY ADAPTED AND TAILORS TREATMENT TO THE INDIVIDUAL.
5. CBT EMPHASIZES THE POSITIVE.
6. CBT STRESSES COLLABORATION AND ACTIVE PARTICIPATION.
7. CBT IS ASPIRATIONAL, VALUES BASED, AND GOAL ORIENTED.
8. CBT INITIALLY EMPHASIZES THE PRESENT.
9. CBT IS EDUCATIVE.
10. CBT IS TIME SENSITIVE.
11. CBT SESSIONS ARE STRUCTURED.
12. CBT USES GUIDED DISCOVERY AND TEACHES CLIENTS TO RESPOND TO THEIR DYSFUNCTIONAL COGNITIONS.
13. CBT INCLUDES ACTION PLANS (THERAPY HOMEWORK).
14. CBT USES A VARIETY OF TECHNIQUES TO CHANGE THINKING, MOOD, AND BEHAVIOR.