APPENDIX 4.2: SAMPLE COGNITIVE BEHAVIORAL THERAPY SESSION OUTLINES

Session no.	Session outline
1–2	• Establish rapport • Elicit expectations about therapy • Explain therapy structure • Explain roles of therapist and client • Set goals for therapy • Explain rationale for cognitive therapy • Demonstrate cognitive therapy technique applied to a problem • Elicit reaction to session
3	• Effects of first session • Activity scheduling • Mastery and pleasure ratings • Problems since last session • Schedule of activities until next session • Agenda setting • Elicit reaction to session
4	• Prepare agenda • Effects of prior sessions • Review homework assignments • Explanation of unhelpful thoughts • Assign homework • Elicit reaction to session
5	• Prepare agenda • Effects of prior sessions • Review homework assignments • Further explanation of unhelpful thoughts • Assign homework • Elicit reaction to session
6	• Prepare agenda • Effects of prior sessions • Demonstrate identification and correction of unhelpful thoughts • Daily record of unhelpful thoughts • Assign homework • Elicit reaction to session
7–8	• Prepare agenda • Effects of prior sessions • Review homework assignments • Explain how to dealt with anger and anxiety • Explain relaxation • Assign homework • Elicit reaction to session

(*continues*)

Session no.	Session outline
9–12	• Increase responsibility for client for all activities in session • Prepare agenda • Effects of prior sessions • Review homework assignments • Explain assertiveness skills, overthinking, and problem solving • Assign homework • Elicit reaction to session
13–16	• Continue increased responsibility for client; move towards termination • Prepare agenda • Effects of prior sessions • Review homework assignments • Identification and testing of underlying assumptions • Assign homework • Anticipate problems and how to address them • Application of techniques as a life-long process—consolidate gains