

QUICK GLANCE SESSION GUIDE

<u>SESSION NO.</u>	<u>DESCRIPTION OF CONTENT</u>
1	Describing different states of mind, explaining brain function and brain arousal and how this relates to the nature of experience.
2	Exploring vicious cycles in the patients life, identifying problems and setting realistic goals to overcome them.
3	What emotions are and how they came about, using vicious cycles to identify feelings.
4	Revision of problems and goals recorded, fine tuning of goal setting skills, define further problems and set further goals.
5	Development of the human being from birth to old age, early relationships with parents.
6	Continue development from childhood to old age and look at how vulnerabilities can develop as you grow.
7	Examine patients problems more deeply, identify and classify vulnerabilities and rate current self esteem and confidence.
8	Learn new skills in controlling emotions and thoughts– riding and flattening emotions and experimenting, challenging and stopping thoughts.
9	Review the progress made on problems identified and set goals and refine them further using skills learnt already.
10	Assertiveness – looking at the others point of view, willingness to compromise and taking the appropriate action.
11	Effects of stress on the body, mind and self, advanced relaxation and new skills of exposure and fractioning.
12	Problem solving process and new skills of ACT, KISS and SMART.
13	Putting the illness in its place and moving away from coping with illness to dealing with life and setting life goals.
14	Learning to be proactively assertive and identifying strengths in the categories of feelings, knowledge and skills.
15	A summation of the patients progress to date having a recognition of vulnerabilities and strengths and look at further options of treatment.