

### T.E.A.M. Therapy Session Flow Sheet \*

	Tools	Tick (✓)	Comment	Time Required
<b>T = Testing</b>	<b>Before Session Brief Mood Survey</b>		Patient completes the "Before Session" tests in the waiting room prior to the start of the session. Therapist reviews scores at start of session, along with end-of-session scores from previous session.	1 minute
	• Depression			
	• Suicide			
	• Anxiety			
	• Anger			
	• Relationship Satisfaction			
	• Positive Feelings			
<b>E = Empathy</b>	<b>5 Secrets of Effective Communication</b>		Empathy is needed at the start of the session and throughout the session. The goal is to understand and accept how the patient thinks, feels and behaves without trying to help or give advice or make interpretations.	Varies
	• Disarming Technique			
	• Thought / Feeling Empathy			
	• Inquiry			
	• "I Feel" Statements			
	• Stroking			
<b>A = (Paradoxical) Agenda Setting</b>	• Invitation Step		Straightforward or Paradoxical Invitation	1 minute
	• Specificity Step		Patient selects the problem and describes one moment when that problem was upsetting him / her.	2 - 3 minutes
	• Conceptualization Step		<ul style="list-style-type: none"> <li>• Individual Mood Problem? (depression and anxiety)</li> <li>• Relationship Problem?</li> <li>• Habit / Addiction?</li> <li>• "Non-Problem"?</li> </ul>	This may only take 1 minute but is an ongoing process as well
	• Motivation Step		The therapist melts away Outcome and Process Resistance.	10 – 15 minutes or more
<b>M = Methods</b>	<ul style="list-style-type: none"> <li>• Daily Mood Log</li> <li>• Recovery Circle</li> <li>• 50 Ways to Untwist Your Thinking</li> </ul>		For Depression and Anxiety	May require several sessions
	<ul style="list-style-type: none"> <li>• Interpersonal Decision-Making</li> <li>• Relationship Cost-Benefit Analysis</li> <li>• Relationship Journal</li> <li>• 5 Secrets of Effective Communication</li> </ul>		For Relationship Problems	May require several sessions
	<ul style="list-style-type: none"> <li>• Decision-Making Form</li> <li>• Habit / Addition Lot</li> <li>• Devil's Advocate Technique</li> </ul>		For Habits and Addictions	May require several sessions
<b>T = Testing</b>	• End-of-Session Brief Mood Survey		Patient completes this in the waiting room after the session and leaves the form for the therapist to review when the session is fresh in mind.	2 to 3 minutes, on average
	• Evaluation of Therapy Session			