INDIVIDUAL SESSION/MIDWAY EVALUATION – SESSION 7

OVERVIEW

Attendance Taking, Homework Review, and Completion of A/P Sheets
Answering Questions on Homework Assignments or Past Sessions
Collection of A/P Sheet but Not Other Materials
Discussion of Past Objectives for the Relaxation and CBT Modules
Discussion of Other Objectives
Review of Goals for Assertion and Problem-Solving Modules
Feedback to Patient
Homework Assignment
Feedback to Therapist
Personal Reminder Form

Materials Needed:
1. A/P sheet (Appendix 6)
2. Individual Goal Sheet (Appendix 5)
3. Blank NCR papers
4. Personal Reminder Form (Appendix 10)

INTRODUCTION TO SESSION 7

In this session each group member meets individually with the group leader with whom he had met in the screening session. The intent is to review the progress each participant has made in reaching the goals developed in the screening session. The sessions can be scheduled for 30
to 60 minutes. Obviously some of the sessions will have to be held at other than regularly scheduled group meeting times.

SESSION 7

Attendance Taking, Homework Review, and Completion of A/P Sheets

The administrative tasks are performed by the individual together with the group leader, as they are in the group session.

The homework assigned at the previous session included (1) daily practice of BRR; (2) daily practice of DMR, with specific attention to body areas which have thus far been resistant to the relaxation procedure; and (3) continued work on cognitive restructuring, using the double-column technique (on NCR paper).

Answering Questions on Homework Assignments or Past Sessions

Actually, the entire session may be viewed as an opportunity to raise questions and also to foster a heightened understanding of what work has yet to be done by the patient in attaining his goals. The therapist can make suggestions that will aid the participant in reaching a moderate level of mastery of the previously introduced skill areas—relaxation and cognitive restructuring.

Collection of A/P Sheet but Not Other Materials

Discussion of Past Objectives for Relaxation and CBT Modules

At this point the goal sheet is referred to as a record of the patient's past objectives for the relaxation and CBT modules. Patient and therapist assess the progress toward these goals that has already been made; they also consider what remains of the initial problems.

An example of a persisting problem relating to relaxation follows:

Problem: Specific muscle groups are still difficult to relax.
Recommendation: These difficult muscle groups most commonly include the forehead, neck, jaws, and shoulders or upper back. Frequently, merely repeating the original instructions for that specific muscle group is sufficient to relieve the problem. The repetition in a private session can be useful in clarifying what might have been confusing or in simply emphasizing the importance of