

**Ability to develop hypotheses about a maintenance cycle
and to use the maintenance cycle to set targets for intervention**

An ability to work with the client in order to develop hypotheses about how their thoughts, physical symptoms, behaviours and emotions inter-relate and feedback on themselves in a way which maintains the client's problems

An ability explicitly to discuss initial hypotheses about the maintenance cycle with the client, checking that the client understands the concept of the cycle and sees its potential relevance to their problems

An ability to work with the client to develop and (if relevant) modify hypotheses, and to arrive at a jointly-shared conceptualisation of the maintenance cycle

An ability to use the maintenance cycle to identify appropriate targets for intervention