

Ability to plan and to review 'practice assignments' ('homework')

Planning practice assignments

An ability to integrate practice assignments (homework) into therapy by offering the client a clear rationale for homework, by clarifying the client's attitude to homework and checking their understanding of its importance
An ability to ensure the client can give clear feedback regarding their understanding of the rationale for undertaking homework (to test out ideas, try new experiences, predict and deal with potential obstacles, and experiment with new ways of responding)
An ability to tailor homework to the individual client, ensuring that this is appropriate to the stage of therapy and in line with the case conceptualisation
An ability to work with the client to agree appropriate and manageable homework tasks with clear and specific precise goals
An ability to work with client to identify strategies which will help ensure that homework tasks are carried out
An ability to work collaboratively with the client to consider the reasons for non-completion of homework tasks (within the framework of the cognitive model)

Reviewing practice assignments

An ability to ensure that homework that the client has undertaken is carefully discussed and reviewed with them in the next session, with the aim of helping them identify what they have learned from their experiences
An ability to help clients appraise the outcomes of homework:
when outcomes are in line with the prior expectations of the therapist and client
when there is a different outcome from that which has been predicted
An ability to integrate learning from homework into the session, and to build on this learning in identifying further homework assignments