

Sharing responsibility for session structure and content

An ability to be explicit about expectations regarding the sharing of responsibility
An ability to be appropriately structured (especially in the initial stages of the intervention), but also to avoid becoming inappropriately didactic
An ability to invite shared responsibility by explicitly asking the client to take more responsibility for the agenda, or to provide their own capsule summaries
An ability to identify and discuss difficulties clients have regarding sharing responsibility (especially when these directly reflect aspects of the client's problems), and to work with these in a manner which is congruent with the CBT model
An ability for the therapist to reflect on their practice in order to detect when their actions may make it harder for the client to share or to take responsibility, for example:
by being too didactic
by over-structuring sessions
by taking decisions for the client