

Ability to use thought records

Preparation for using thought records

An ability to ensure that the client has grasped and has accepted the relevance of the cognitive model (i.e. to ensure that they accept the potential relevance of the concepts they will be applying in completing thought records)

An ability to ensure that the client is able to identify their automatic thoughts and emotions, by verbally eliciting examples of specific situations and their accompanying automatic thoughts in the session

An ability to work with the client to evaluate an important automatic thought in the session, prior to their completing the full thought record

Explaining the rationale for, and content of, thought records

An ability to explain the rationale for using a written thought record (a means of helping the client to become an active, collaborative participant in their own therapy by identifying and appraising how they react to events (in terms of their own physiological reactions, behaviours, feelings and cognitions))

An ability to explain the content of thought records (initially including a record of the date and time, the situation, associated automatic thoughts, and associated emotions; extended at later stages to include a record of the client's adaptive responses to automatic thoughts and the outcome(s) after making these responses)

Incorporating use of thought record into the intervention

An ability to ensure that review and discussion of thought records with the client is consistently incorporated into the intervention

An ability to encourage the client to make use of the thought record as part of ongoing self- monitoring

Managing problems in completing thought records

An ability to help the client identify any automatic thoughts associated with completing the form itself

An ability to help the client implement a problem-solving approach to any obstacles in completing the form