

CBT Skill Transfer - Cheat Sheet

1. Provide a rationale for the skill – ask client if they understand the reasons for how this will help build recovery strength
2. Demonstrate the skill – make sure you are clear and the client has understood the lesson
3. Lead the client in a role play of the skill or lesson example, so you model the way it is done – see if they have questions.
4. Make sure client has understood the lesson/skill and then can demonstrate it successfully to you by explanation and/or doing the activity.
5. Client leads a role play the skill – they can use fun examples and be creative – and then some real life examples
6. Explain the real life practice assignment in the session, make sure they understand and begin to fill it out – it is not hypothetical but meant to be real practice for them, in the next week.
7. Get a specific commitment for the practice/assignment – for when they will complete it and if it involves a situation that has no specific time – at least when they will fill out the worksheet prior to the next session.