

# ICT Session Flow

## First Third (the three R's)

**R**apport (check in since last meeting)

**R**eview of Progress (goods, not so goods, changes)

**R**eview of Between Session Challenge

## Second Third (session core activities)

**R**eview session agenda

**D**escribe why this specific skill or activity is relevant to the patient?

**P**rovide session/skill activity rationales

**T**each, demonstrate and practice

**D**iscuss relevance to real life situations

## Third Third (transferring session activity to real world application)

**S**ummarize activity emphasizing new skill (s)

**I**dentify real world application –elicit how the new skill will be used based on the real life application chosen. Brief practice if appropriate to ensure rehearsal and competence in the chosen application.

**N**egotiate commitment for between session practice/challenge. Elicit specifics as to when, where, who and how. Ensure the challenge is linked to patient's real life struggles in the past and the upcoming week.

## Time Management

Time management in delivering structured treatment is key.

## Law of Thirds

Sessions are organized based on the “Law of Thirds”.

Conclude session and schedule next visit