APPENDIX 4.2: SAMPLE COGNITIVE BEHAVIORAL THERAPY  
SESSION OUTLINES

<table>
<thead>
<tr>
<th>Session no.</th>
<th>Session outline</th>
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| 1–2         | • Establish rapport  
|             | • Elicit expectations about therapy  
|             | • Explain therapy structure  
|             | • Explain roles of therapist and client  
|             | • Set goals for therapy  
|             | • Explain rationale for cognitive therapy  
|             | • Demonstrate cognitive therapy technique applied to a problem  
|             | • Elicit reaction to session |
| 3           | • Effects of first session  
|             | • Activity scheduling  
|             | • Mastery and pleasure ratings  
|             | • Problems since last session  
|             | • Schedule of activities until next session  
|             | • Agenda setting  
|             | • Elicit reaction to session |
| 4           | • Prepare agenda  
|             | • Effects of prior sessions  
|             | • Review homework assignments  
|             | • Explanation of unhelpful thoughts  
|             | • Assign homework  
|             | • Elicit reaction to session |
| 5           | • Prepare agenda  
|             | • Effects of prior sessions  
|             | • Review homework assignments  
|             | • Further explanation of unhelpful thoughts  
|             | • Assign homework  
|             | • Elicit reaction to session |
| 6           | • Prepare agenda  
|             | • Effects of prior sessions  
|             | • Demonstrate identification and correction of unhelpful thoughts  
|             | • Daily record of unhelpful thoughts  
|             | • Assign homework  
|             | • Elicit reaction to session |
| 7–8         | • Prepare agenda  
|             | • Effects of prior sessions  
|             | • Review homework assignments  
|             | • Explain how to dealt with anger and anxiety  
|             | • Explain relaxation  
|             | • Assign homework  
|             | • Elicit reaction to session  

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<table>
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| 9–12       | • Increase responsibility for client for all activities in session  
|            | • Prepare agenda  
|            | • Effects of prior sessions  
|            | • Review homework assignments  
|            | • Explain assertiveness skills, overthinking, and problem solving  
|            | • Assign homework  
|            | • Elicit reaction to session |
| 13–16      | • Continue increased responsibility for client; move towards termination  
|            | • Prepare agenda  
|            | • Effects of prior sessions  
|            | • Review homework assignments  
|            | • Identification and testing of underlying assumptions  
|            | • Assign homework  
|            | • Anticipate problems and how to address them  
|            | • Application of techniques as a life-long process—consolidate gains |