

Module 1 — Foundations of Behavioral & Cognitive-Behavioral Therapy

Functional analysis · case formulation · session structure · measurement · Socratic method

Blank worksheets for printing — a teaching aid for supervised skill practice, not a validated instrument.

Functional Analysis (ABC)

Gather ABC data on a target behavior, then hypothesize its function.

Antecedent (before)	Behavior (observable)	Consequence (after)

Most likely function (escape/avoidance · attention · tangible/activity · automatic/sensory)

Working hypothesis: "When ____, the behavior ____, which results in ____ (function)."

Case Formulation

Map a recent situation through the cognitive model, then list problems and treatment targets.

Situation / trigger

Automatic thought

Emotion (and intensity 0-100)

Behavior / response

Consequence (short- and long-term)

Problem	Hypothesized mechanism	Treatment target / technique

Session Structure Checklist

Self-supervision check — tick each component delivered.

- ☐ Set a collaborative agenda
- ☐ Brief mood/symptom check (rating)
- ☐ Bridge from previous session
- ☐ Review previous homework
- ☐ Teach / practice the session skill
- ☐ Assign new homework collaboratively
- ☐ Summarize key points
- ☐ Elicit client feedback on the session

Measurement (Goals & Outcomes)

Set an individualized goal and track a repeated measure across sessions.

SMART goal

Specific — what exactly will happen?

Measurable — how will you know?

Achievable — realistic next step?

Relevant — why it matters / which value?

Time-bound — by when / how often?

Goal Attainment Scaling (GAS)

Goal name

Level	What this outcome looks like
-2 Much less than expected	
-1 Somewhat less than expected	
0 Expected outcome	
+1 Somewhat more than expected	
+2 Much more than expected	

Current level (circle one): -2 -1 0 +1 +2

Date	Measure	Score

Collaborative Empiricism — Self-Check

Reflect after a session using guided discovery.

- ☐ I treated thoughts as hypotheses to test, not facts
- ☐ I used the client's own words and examples
- ☐ I asked more than I told
- ☐ We reached conclusions together (guided discovery)
- ☐ I stayed curious and non-judgmental
- ☐ I checked the client's reaction and understanding