

Module 7 — Integration, Advanced Topics & Implementation

Formulation & sequencing · therapy + medication · fidelity & supervision · stepped care · capstone
Blank worksheets for printing — a teaching aid for supervised skill practice, not a validated instrument.

Transdiagnostic Formulation & Sequencing

List problems and shared maintaining mechanisms, then set a treatment sequence.

Problem / diagnosis	Impairment 0-100	Maintaining mechanism

Treat first (risk / stabilization / foundational)

Then

Later

Shared mechanism to target across problems

Therapy + Medication Integration

Define each treatment's role, coordination, and shared monitoring.

Target symptoms / problems

Medication role

Therapy role

Coordination with prescriber

Shared message to client

Shared monitoring (measures & cadence)

Fidelity & Supervision

List the protocol's core components, then check those delivered; plan supervision and self-care.

Core component of the protocol	Delivered? (Y / N)

Supervision plan

Specific skills to practice

Self-care & burnout monitoring

Stepped Care & Telehealth

Match intensity to need and confirm readiness for remote/digital delivery.

Presentation severity / complexity

Matched step (guided self-help -> low-intensity -> high-intensity -> specialist)

Step-up / step-down criteria

Telehealth / digital readiness checklist

- ☐ Private, confidential setting for both parties
- ☐ Informed consent for telehealth
- ☐ Local emergency contacts & address on file

- ☐ Safety plan adapted for remote delivery
- ☐ Worksheets/materials shareable on-screen or sent ahead
- ☐ Exposures/role-plays adapted for remote format
- ☐ Chosen digital tools are evidence-informed & integrated
- ☐ Backup plan for tech failure

Capstone Action Plan

Commit to techniques to practice, measures to adopt, supervision to seek, and next steps.

Technique to practice	From module	How I will practice it

Outcome measures I will adopt

Supervision / consultation I will seek

Next concrete steps (this month)

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

