

THERAPY INTERVENTION WORDS & PHRASING

CLINICIAN REFERENCE GUIDE





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E	L	т
 Embraced Educated on Empathically responded to Emphasized Encouraged client regarding 	 Labeled Led client in exploring practicing role-playing 	 Tailored approach Taught Trained Tracked progress in Transitioned
 Engaged client in play Established boundaries connections between Evaluated concerns about progress toward goal Examined benefit/ consequences Expanded upon Experimented Explored beliefs 	 Linked Listed Listened to Maintained Managed Measured Mediated Modeled Monitored 	U • Updated treatment goals • Utilized • imagery • humor • motivational interviewing • strategy of V • Validated client's • Verbalized
 feelings toward history insight options about patterns relationship between questions about Expressed concern Extended deadline 	 Named client feeling Normalized Noted Noticed Observed Observed Obtained previous records Outlined 	• Worked on • Wrote down ADD YOUR OWN
F	P	
 Facilitated discussion Familiarized client with Figured out Focused primarily on Formulated a plan 	 Paced session Practiced skills Praised Processed Problem solved with client Prompted client 	
G • Gathered information • Gave client feedback • Guided • discussion • reflection on	 Provided coping strategies feedback psychoeducation referral resources Put in perspective 	
H • Helped client to • develop • express • identify • interpret	Q Questioned Quizzed 	
 navigate Highlighted client wins consequences discrepencies potential issues/solutions progress 	 Reassured Recommended Redirected Reflection upon Refocused Reframed Reinforced 	
 Identified blind spots source themes triggers 	 Related client experience Responded to Restated Reviewed goals homework progress session 	
 values Illustrated Implemented Increased awareness Indicated Informed Inguired about 	 Role played S Set boundaries 	
 Inquired about Interpreted thought process underlying themes Introduced skill/ strategy Investigated 	 goals limits Showed client Started new Summarized Supported 	

Α

- Acknowledged client's... .
- Adjusted plan of .
- Administered . •
- Advocated client's rights . Addressed
- client's concerns
- therapy interfering behaviors
- Aided in developing insight
- Allowed client to openly
- express
- Analyzed Answered •
- .
- Anticipated concerns • Asked permission to
- Asked open-ended
- questions
- Assessed client needs
 - level of insight
 - stage of change
 - o risk
- Assigned .
- Assisted with .
- Assumed safe and inviting . body language

Β

- Became aware of .
- Brainstormed • Brought client defense •
- mechanism to light
- Built rapport by
- Built upon client capacity to
 - С

Challenged beliefs/thoughts

•

- Clarified/sought clarification .
- Coached client in •
- Collaborated with client to .
- Collected
- Commended • Communicated .
- Compared outcomes .
- Completed project to assist • with
- Conducted assessment
- . Connected client
- reflections
- Constructed
- Confirmed side effects
- Coordinated .
- Created a safe space to . Consulted external .
- resources
- Contracted for
- Created a safe space to

D

- De-escalated client by .
 - Deferred to
- Defined limitations . Demonstrated •
- cultural competency
- patience with
- coping strategies
- Delivered results .
- Developed a plan for •
- Directed/redirected
- . Discussed
 - changes
 - concept of
 - connection 0
 - o consequences
 - benefits 0
 - о risks
 - progress

- Empathicall Emphasized Encouraged Engaged cli
- Established •
- boundar connect
- Evaluated
- concerns progress
- Examined b consequence
- Expanded u .
- Experiment .
 - Explained

- Explored
- beliefs
- feelings
- 0 history
- insight
- options • patterns
- relations
- question
- Expressed of
- Extended de

F

- Facilitated d
- Familiarized . Figured out .
- Focused prin .
- Formulated
- Gathered in
- Gave client .
 - Guided
 - o discussio
 - reflection

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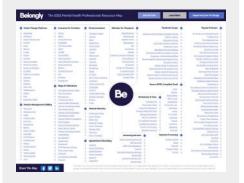
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Good Faith Estimate Form For Therapists [Free Downloadable Template]



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The 2022 Mental Health Professionals Industry Resource Map



Publishing For Therapists & Mental Health Professionals



Host A Group

The Glossary Of Mental Health Diagnoses

Videos & Webinars Worth Watching



WEBINAR: Grow your online course offering and social media presence



WATCH THIS PREVIEW

In this expansive and in-depth webinar, Marcus Rodriguez interviews Sara Makin, the Founder and CEO of Making Wellness. Sara grew Makin Wellness form a solo practice to one of the fastest growing tele-mental health practices in Pennsylvania.

Belonc

WEBINAR: How to build a thriving mental health practice.

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