

# Therapeutic Modalities & Interventions

The modalities and interventions used in session are an important component of documentation. As such, the following lists are intended to assist in framing the therapeutic work for use in progress notes.

## CBT

cognitive distortions  
thought reframing  
automatic negative thoughts  
negative core beliefs

cognitive restructuring  
goal setting  
relaxation techniques  
functional analysis

## DBT

urge surfing  
thought defusion  
chain analysis  
interpersonal effectiveness  
examine the evidence  
radical acceptance

mindfulness  
distraction skills  
emotion regulation skills  
coping statements  
distress tolerance  
beginner's mind

## ACT

committed action  
values-based action  
cognitive defusion  
self as context

grounding skills  
mindfulness  
acceptance work

## Motivational Interviewing

developing discrepancy  
reflective listening  
eliciting change talk

agenda mapping  
rolling with resistance  
affirmative communication

## Harm Reduction

emphasizing autonomy  
addressing use conditions  
three circle method  
pattern identification  
prioritizing goals  
recognizing vulnerabilities/capacities

reducing consequences  
managed use  
holding boundaries  
evaluating alternatives  
identifying individual needs

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## 12-Step & Abstinence-Based Therapy

behavior chain analysis  
relapse prevention  
“play the tape forward”  
distress tolerance

support development  
overcoming obstacles  
connecting to meetings  
identify triggers

## Narrative Therapy

theme identification  
externalization  
deconstruction  
alternative outcomes

guided visualization  
confronting beliefs  
naming the problem  
re-authoring dominant stories/  
reframing lifestories

## Self Psychology

self fragmentation &  
defending against  
self cohesion  
healthy narcissism  
idealizing transference/  
mutual self-object

optimal frustration  
self-object functions  
twinship needs & transference  
mirroring needs & transference  
healthy narcissism  
experience-near observation

## Object Relations

the good enough parent  
transitional objects  
internal representations:  
objects/self/relationships  
integrate aspects of self  
identify early images

defenses (projective identification)  
childhood impact on the present  
splitting (alt: integrating/  
tolerating conflicting feelings)  
developing the state of separation

## Family Systems

dysfunctional patterns  
power imbalances  
roles and rules  
emotional and  
communication patterns

differentiating individuals  
from the system  
process of projection  
triangle dynamics  
multigenerational factors