

EBP Reporting. Essential Elements required on Treatment Plan. Allowable Elements in each Progress Note

YOUTH

Parent Behavioral Therapy with or without the child – children with disruptive bx or ADHD

CBT+ (148) or PCIT (186)

Tx Plan Essential elements	Praise, Commands, Psychoeducation for caregivers
Allowable elements Progress Notes	Praise, Commands, Psychoeducation for caregiver, Relaxations skills, Time out, Problem solving for the child, Tangible rewards, self-reward/praise, Differential reinforcement, Monitoring, therapist praise/rewards, stimulus control or antecedent management, Self-verbalization, Measurement-Based Care, Motivational Interviewing

Cognitive Behavioral Therapy for Anxiety

CBT+ (151)

Tx Plan Essential elements	Exposure, Cognitive Restructuring
Progress Notes	Exposure, Cognitive Restructuring, Psychoeducation for children, psychoeducation for caregiver, Relaxation, Cognitive coping, Mood or emotion self-monitoring, Self-reward/self-praise, Rewards/reinforcement, Measurement-Based Care, Motivational Interviewing

Cognitive Behavioral Therapy for Depression

CBT+ (153) or ACT (153)

Tx Plan Essential elements	Behavioral Activation, Problem Solving, Cognitive Restructuring
Progress Notes	Behavioral Activation, Problem Solving, Cognitive Restructuring, Psychoeducation for child, psychoeducation for caregivers, Mood/emotion self-monitoring, Goal setting, Social skills training, Self-reward/praise, Talent/skill building, Caregiver coping, Rewards/reinforcement, Measurement-Based Care, Motivational Interviewing

Cognitive Behavioral Therapy Based models for Trauma

CBT+ (155) or TF-CBT (136) or CTG (137) or EMDR (043)

Tx Plan Essential elements	Exposure, Cognitive Processing
Progress Notes	Exposure, Cognitive Processing, Psychoeducation for child, psychoeducation for caregivers, Relaxation, Cognitive Coping, Mood or emotion self-monitoring, Self-reward/self-praise, Rewards/reinforcement, Personal safety skills, Measurement-Based Care, Motivational Interviewing

GENERAL

Motivational Interviewing

Tx Plan Essential elements	Empathy, Stages of change, change talk
Progress Notes	Stages of change, change talk; Empathy; Explore ambivalence; Clarify, plan, set goals; Decisional balance scale; Relapse prevention; Monitor and set new goals; OARS (open ended questions, Affirmations, Reflections, Summary)

Common Elements Treatment Approach CETA

Tx Plan Essential elements	Exposure, Cognitive Restructuring – Anxiety <u>OR</u> Exposure, Cognitive Processing – Trauma <u>OR</u> Behavioral Activation, Problem Solving, Cognitive Restructuring – Depression
Progress Notes	Safety; Assessment and/or Engagement; Psychoeducation; Behavioral Activation (depression); Relaxation (anxiety); Cognitive coping; Gradual exposure (anxiety and trauma); Cognitive reprocessing

Acceptance and Commitment Therapy ACT

Tx Plan Essential elements	Increase psychological flexibility (or narratively: accept experience, stay present, choose actions in line with values)
Progress Notes	Acceptance; Defusion; Self-as-context; Contact with present moment [alt. “mindfulness”]; Committed Action; Values; Exploring workability [alt. “creative hopelessness”]; Psychoeducation; Exposure; Goal setting; Skill building

Cognitive Processing Therapy CPT

Tx Plan Essential elements	Exposure, Cognitive Processing; Socratic Dialogue
Progress Notes	Exposure; Cognitive Processing; Psychoeducation; Trauma account; Socratic Dialogue; ABC Worksheets; Challenging Questions; Patterns of Problematic Thinking; 5 Core themes (safety, trust, power/control, esteem, intimacy); Safety skills

Eye Movement Desensitization and Reprocessing EMDR

Tx Plan Essential elements	Preparation, Reprocessing, Aftercare –OR– Exposure and Cognitive Processing
Progress Notes	Phase One-Phase Eight (Safety: History taking and Treatment Planning, Preparation, Reprocessing: Assessment, Desensitization, Installation, Body Scan, Aftercare: Closure, Reevaluation)