

# LEARNING SESSION RECORD

Client Name: \_\_\_\_\_ Session # \_\_\_\_\_ Date: \_\_\_\_\_

Practitioner Name: \_\_\_\_\_ Email: \_\_\_\_\_

## Session description and outcomes:

## Session learning strategies:

- ☐ Autonomic learning (HRV feedback) \_\_\_\_\_
- ☐ Awareness training (e.g., exhale) \_\_\_\_\_
- ☐ Breaking response chains \_\_\_\_\_
- ☐ Capnography feedback training \_\_\_\_\_
- ☐ Counterconditioning \_\_\_\_\_
- ☐ Creating/finding new reinforcements \_\_\_\_\_
- ☐ Desensitization to breathing mechanics \_\_\_\_\_
- ☐ Desensitization to effects of hypocapnia \_\_\_\_\_
- ☐ Diary record keeping \_\_\_\_\_
- ☐ En vivo learning strategies \_\_\_\_\_
- ☐ En vivo testing \_\_\_\_\_
- ☐ Exploring altered states \_\_\_\_\_
- ☐ Exploring new behaviors \_\_\_\_\_
- ☐ Extinction of classically conditioned responses \_\_\_\_\_
- ☐ Extinction of reinforced behaviors \_\_\_\_\_
- ☐ Finding new reinforcements \_\_\_\_\_
- ☐ Generalization training (real life) \_\_\_\_\_
- ☐ Guided overbreathing \_\_\_\_\_
- ☐ Homework Review \_\_\_\_\_
- ☐ Identifying existing behaviors \_\_\_\_\_
- ☐ Identifying existing reinforcements \_\_\_\_\_
- ☐ Identifying triggers \_\_\_\_\_
- ☐ Learning new breathing behaviors (shaping) \_\_\_\_\_
- ☐ Linking breathing with symptoms \_\_\_\_\_
- ☐ Negative practice \_\_\_\_\_
- ☐ Perceptual learning (e.g., reflex identification) \_\_\_\_\_
- ☐ Preference development \_\_\_\_\_
- ☐ Recorded data review \_\_\_\_\_
- ☐ Reinforcing alternative behaviors \_\_\_\_\_
- ☐ Secondary gain analysis (e.g., headache) \_\_\_\_\_
- ☐ Self-education and beliefs \_\_\_\_\_
- ☐ Self-observation lessons \_\_\_\_\_
- ☐ Self-regulation interventions \_\_\_\_\_
- ☐ Somatic learning (EMG feedback) \_\_\_\_\_
- ☐ Symptoms as triggers for good habits \_\_\_\_\_
- ☐ Symptom interpretations \_\_\_\_\_
- ☐ Thinking and imagining \_\_\_\_\_
- ☐ Trigger challenge training \_\_\_\_\_

## Learning objectives for next session:

## Homework assignment(s) for between now and the next session: