Presenting problem/goals

History of problematic event (start, antecedents/consequents, associated thoughts/sensations/behaviour)

Resources/vulnerabilities (social support, exercise, diet, sleep schedule, medication)

Past/current strategies/therapies (successful/unsuccessful)

(?) Additional cultural/religious/other demographic factors to be aware of

Motivation and engagement (self-efficacy, resistance to change, ambivalence, reasons not to engage, subminds)

Solutions:

Explanation of treatment modules (understanding emotions, mindful emotion awareness, cognitive flexibility, countering emotional behaviours, understanding and confronting physical sensations, emotion exposures)

Thought/mood/sensation diary (objective)

Mindfulness

Sleep hygiene

Exercise

Exposure

Relaxation skills (deep breathing, progressive muscle relaxation)