

Table 9.2 Interventions Commonly Used in FACT

Intervention	Potential Uses
1. Bullseye	Lifestyle behavior change Chronic disease management Chronic Pain
2. Creating: The Web of Life	Trauma Obsessive compulsive behaviors
3. Choice Point	Life crisis (e.g., loss, diagnosis of chronic condition, divorce)
4. Two Life Paths	Life crisis (e.g., loss, diagnosis of chronic condition, divorce) Change in career or preparation for career Change in family relationships