

Table 9.4 Cognitive Behavioral Therapy Quick Reference Guide

Patient Presentation	CBT problem / diagnosis	Educational Interventions	Interventions for Behavioral Experiments
Low mood	Depression, Fatigue, Grief	Depression cycle, research supporting exercise as a treatment, identifying activities that promote a sense of mastery or pleasure	Develop a schedule to support increased planned participation in activities that provide pleasure or a sense of mastery. Develop a plan for identifying moments of pleasure, savoring them, writing about them.
Anxiety / Stress	Anxiety, panic, generalized anxiety, social phobia	Educate about autonomic arousal. Retrain breathing. Relaxation training. Modify thoughts that promote anxiety. Develop exposure hierarchy.	Progressive muscle relaxation. Chest/arms/legs/mouth autogenic relaxation exercise. Thought re-structuring (e.g., de-catastrophizing). Exposure. Imaginal exposure.
Chronic pain	Fear of pain Avoidance of pain Depression Anxiety	Neurophysiological Pain Education* Neuroplasticity Relaxation Pacing Goal setting	Multidisciplinary implementation Skill development Support of behavior change Medication adherence

*See Tegner, Frederiksen, Esbensen, & Juhl, 2018.