

Acknowledged
 Actively listened
 Addressed individual's concerns
 Administered test
 Advised
 Advocated for
 Aided in developing insight
 Affirmed individual
 Analyzed patterns
 Answered
 Anticipated concerns
 Approved
 Arranged transportation
 Asked open-ended questions
 Assessed risk, assessed for
 Assigned homework
 Assisted individual in/with

Brainstormed
 Built rapport by
 Built trust by
 Cautioned
 Challenged beliefs/thoughts
 Checked, checked in with
 Clarified/sought clarification
 Coached
 Collaborated
 Collected
 Commended
 Communicated
 Compared outcomes
 Concluded
 Conducted screening
 Confirmed side effects
 Confronted individual's behavior
 Connected drug use with depression
 Contrasted individual's report
 Coordinated services
 Corrected
 Counseled
 Created

Deescalated
 Deferred to
 Defined limitations
 Delivered results
 Demonstrated
 Developed a plan for, discrepancy
 Diagnosed
 Directed/redirected
 Disclosed
 Discussed

Educated
 Encouraged
 Engaged
 Empathized with individual's situation
 Emphasized a guideline
 Established

Examined benefits/consequences
 Exercised clinical judgment
 Expanded upon
 Explained
 Explored feelings of loss
 Expressed concern
 Extended a deadline
 Evaluated progress

Facilitated discussion
 Familiarized with medical history
 Focused on
 Formulated diagnosis

Gathered data, information
 Gave feedback
 Guided

Helped individual to
 Highlighted potential solutions

Identified problem areas, blind spots
 Illustrated with an example
 Incorporated DBT
 Increased awareness
 Informed
 Initiated referral process
 Inquired about
 Instructed
 Interpreted individual's statement
 Intervened in crisis
 Investigated

Led client in meditation
 Linked to
 Listed potential outcomes
 Listened to

Maintained calm tone
 Managed
 Measured progress
 Mediated
 Modeled
 Modified to meet individual needs
 Monitored
 Motivated with "change talk"

Normalized
 Noted
 Notified individual of

Observed
 Obtained previous records
 Offered information
 Oriented to program
 Outlined objectives

Paced the session
 Paraphrased

Planned for next session
 Praised
 Presented individual with alternatives
 Probed
 Processed
 Problem-solved
 Provided feedback, education

Questioned

Reassured
 Recommended
 Redefined terms
 Referenced an article
 Referred to provider
 Reflected meaning, feeling
 Refocused
 Reframed a negative thought
 Reinforced guidelines
 Related individual's situation to
 Relayed information
 Requested individual's punctuality
 Responded to
 Restated
 Reviewed homework, effects of SUD
 Revisited a concern
 Recommended a book
 Role played

Selected reading materials for individual
 Set limits
 Shared about
 Showed how to
 Soothed with music
 Started a new protocol
 Stayed with individual
 Strengthened
 Suggested
 Summarized the session
 Supplied with materials
 Supported

Tailored interventions to
 Taught
 Tested, reality tested
 Tracked individual's progress
 Trained on DBT techniques

Updated treatment plan
 Used guided imagery, CBT, DBT
 Utilized humor, silence

Validated
 Verified with individual

Worked on
 Wrote instructions