

CARE Checkpoints

Complete each of the sections below to consolidate information obtained during the FACT change-oriented interview process. This FACT lab sheet can guide organization of the session and / or inform session review or reflection in supervision.

CARE COMPONENT	Crucial Elements
Contextual Assessment (Contextual Interview – Life Context and Problem Context)	Exploration of functional integrity of work, love, play, and health areas explored in Life Context interview. Current array of social and psychological consequences for acceptable and unacceptable behaviors. Valence (negative, neutral, positive) and potency (behavior shaping strength) of antecedents and consequences identified in Problem Context interview. Client awareness of problematic automatic behaviors and consequences.
<i>Findings:</i>	
Avoidance Assessment	Clear statement of what the client is seeking in specific problematic areas of living. Analysis of attempts to achieve desired outcomes Readiness to directly evaluate consequences of previous actions relative to stated personal goals and values. Client ability for articulation of rules linked to avoidance behaviors and their workability.
<i>Findings:</i>	
Reformulation Moves	Develop a shared, reshaped description of problem that includes link to values. State choice of allowing suffering as a viable alternative to avoidance. Enhance ability to view and accept painful inner experiences as a legitimate experience in life aligned with values.
<i>Findings:</i>	

<i>Experimentation</i>	Promote understanding of behavioral experimenting as an important strategy for life-long learning. Identify specific new observable actions that demonstrate values-in-action. Coach of skills of experimenting with awareness and focus of attention on in-the-moment experience. Enhance context sensitivity by operationally defining a planned experiment in a context.
<i>Findings:</i>	