

"You use the word 'depression,' yet you marked zero on the depression questions. But, you marked threes on the ones for fatigue, sleep, & worry. I wonder if we should talk about how your cancer and treatment may be impacting you."

To aid patient education.

"Your pain intensity ratings are much lower, & it sounds like you're more active. A quick look at this form shows how many areas of your life are better. I'd love to hear more from you on that."

To track functioning r/t client's goals.

"Now that your physical anxiety is so much better, I think your idea of working on avoidance is great. In fact, our forms show avoidance hasn't changed at all so far."

To identify next treatment targets.

"I love hearing how you're doing, and I feel even more confident when the scores on this match up like they do here."

Confirm you're on the right track.

Tie to the client's summary of the week.

"It looks like your score on the measure is completely consistent with your report of the week."

Tie to the client's summary of the week.

"You said you were doing a lot better with ____, but your score actually went up. How does the score tie in with what's been happening since last session?"

Use to provide encouragement.

"I know how important it is for you to have zero cravings. Even though there are still some, based on this data we're tracking, they're way fewer. And, you're resisting them better."

Link to a topic the client raises.

"While you were talking about difficulty with anxiety at the picnic, I glanced at the form & noticed you marked having more difficulty with social interactions in general. Were there any other situations where this came up this week?"

Some providers worry that MBC is something "extra" that has to be squeezed into an already packed-agenda. Here are some ways you can integrate MBC into your encounter

i MBC enhances communication and serves as a jumping-off point for deeper conversations.