

This ACT Part 2 tool digs deeper into the model outlined in the Basics tool.



APPRAISE



DETERMINE what the measure tells you. Do you see improvement, worsening, or no change?

SUMMARIZE your perceptions. Check against the client's sense.

"Based on this, your \_\_\_ hasn't gotten much better? Does that line up with your sense of your progress?"

EXPLORE discrepancies between your perception & the client's.

"It seems like we have a mismatch here. Can you help me understand what part(s) of this feel off?"



ASK: "I'm wondering if we should discuss some additional options. What are your thoughts?"



BRAINSTORM

Together with the client, generate possible steps or adjustments in treatment.



"We could try a med adjustment, CBT, a group. (etc). What ideas do you have?"

Utilize all the clinical data—the scores, the client's input, and your own clinical impressions—to generate ideas.



"You been saying you'd like to learn mindfulness. Maybe we should consider that too ..."

CHOOSE



ELICIT

"What from these options sound good to you?"

SHARE

"I'd like to share my thoughts if that's okay with you."



Agree on a plan.

"You're not eager to change meds, but you like the idea of therapy. I think that's a great place to start."



Determine when to reassess.

"Why don't we touch base again in \_\_\_ weeks? Seem okay?"