ACCEPTANCE AND COMMITMENT THERAPY

BEHAVIORAL HEALTH PRESCRIPTION PAD*

*This format is useful with patients who are struggling with emotions, such as sadness and fear. The BHC or PCP can explain that the figures at the top represent people experiencing negative thoughts and emotions, as most people do from time to time. Then, he or she can ask the patient if he or she would like to learn ways to have these emotions without giving up on the things most people enjoy and value (represented by figures at the bottom of the pad). The BHC or PCP can teach mindfulness strategies to help the patient be present with the unwanted feelings at the top of the pad and help the patient plan specific activities related to the patient’s values represented by figures at the bottom of the pad (e.g., enjoying the outdoors, caring for his or her body, caring for animals, being a part of a family/community/strong work group, being able to dance/have fun/enjoy music, working hard/being a team player/getting to the top, etc.). To complete the visit, the BHC or PCP can jot down the behavior change plan on the pad. We often have these pads made with pressure sensitive copies, so that the BHC or PCP has a copy for reference when charting or dictating after the visit. This supports more specificity in behavioral planning and in questioning in follow-up visits.

Note: We provide another version of a Behavioral Health Prescription Pad (the Bull’s Eye) in Chapter 10, along with instructions for using it.