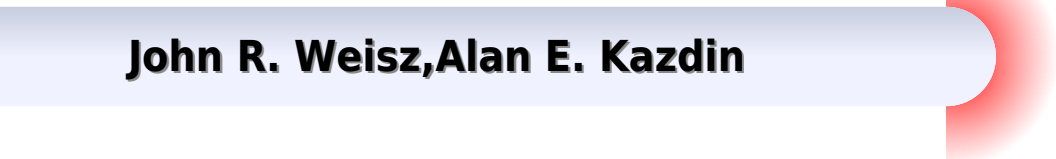


	Session Content
Session 1	Orient the Patient to CBT. Assess Patient Concerns. Set Initial Treatment Plan/Goals.
Session 2	Assess Patient Concerns (cont'd). Set Initial Goals (cont'd) Or Begin Intervention Techniques.
Session 3	Begin/Continue Intervention Techniques
Session 4	Continue Intervention Techniques. Re-assess Goals/Treatment Plan.
Session 5	Continue/ Refine Intervention Techniques.
Session 6	Continue Intervention Techniques.
Session 7	Continue Intervention Techniques. Discuss Ending Treatment and Prepare for Maintaining Changes.
Session 8	End Treatment and Help Patient to Maintain Changes.

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