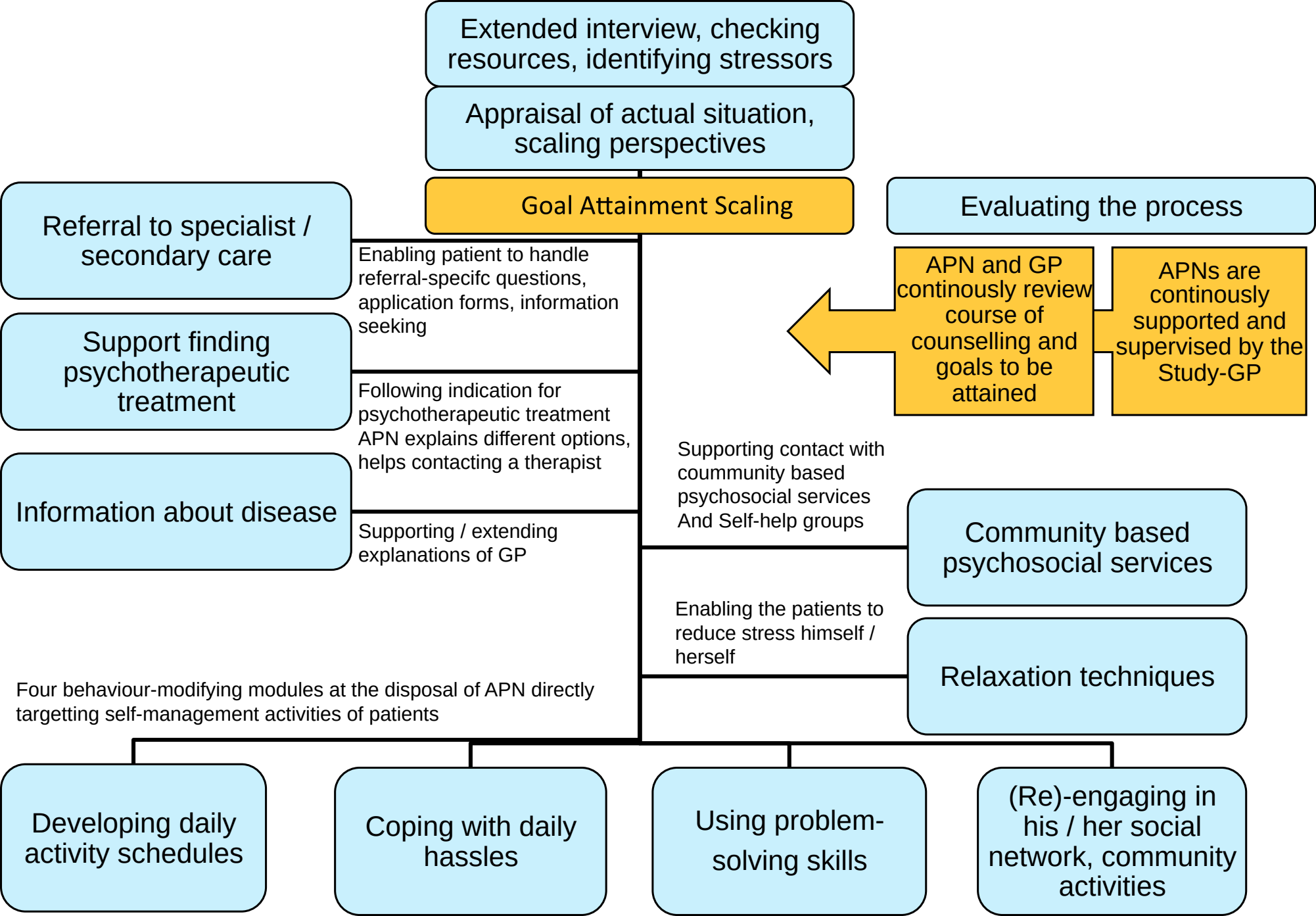
Extended interview, checking resources, identifying stressors
Appraisal of actual situation, scaling perspectives
Goal Attainment Scaling
Evaluating the process
APN and GP continously review course of counselling and goals to be attained
APNs are continously supported and supervised by the Study-GP
Referral to specialist / secondary care
Enabling patient to handle referral-specifc questions, application forms, information seeking
Support finding psychotherapeutic treatment
Following indication for psychotherapeutic treatment APN explains different options, helps contacting a therapist
Information about disease
Supporting / extending explanations of GP
Supporting contact with coummunity based psychosocial services And Self-help groups
Community based psychosocial services
Enabling the patients to reduce stress himself / herself
Relaxation techniques
Four behaviour-modifying modules at the disposal of APN directly targetting self-management activities of patients
Developing daily activity schedules
Coping with daily hassles
Using problem-solving skills
(Re)-engaging in his / her social network, community activities