

Engagement

Therapeutic relationship

- relaxed atmosphere
- humor
- empathy
- limited self-disclosure of the therapist
- affirmation
- respect regarding patients' autonomy

Assessment and shared formulation

Treatment plan

Topics

- Work
- School
- Living situation
- Hobbies
- Friends
- Family
- Physical health
- Financial situation
- Grooming
- Every-day duties
- Neighborhood

Strategies

- Enhancement of self-esteem
- Activation of external resources
- Counseling & instruction
- Implicit problem solving
- Structuring