

I Amadeus Psychiatry

Psychotherapy Quick Reference Guide

Evidence-based skills to support your mental wellness. This guide complements—not replaces—care from your mental health provider.

CBT Essentials

Technique	Quick Reference
Thought Record	Identify the situation, automatic thought, emotion, evidence for/against, and a balanced replacement thought.
Cognitive Restructuring	Challenge unhelpful thinking by asking: Is this fact or assumption? What would I tell a friend?
Behavioral Activation	Schedule one enjoyable and one meaningful activity each day to improve mood.
Common Cognitive Distortions	All-or-nothing thinking, catastrophizing, mind reading, overgeneralization, personalization, emotional reasoning.

Therapist Tip

Practice one technique consistently for a week before deciding whether it is helpful. Repetition builds confidence and makes the skill easier to use during stressful moments.

Notes

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Healing. Growth. You.

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Anxiety & Panic Toolkit

Technique	Quick Reference
Box Breathing	Inhale 4 • Hold 4 • Exhale 4 • Hold 4. Repeat 4–6 cycles.
5-4-3-2-1 Grounding	5 see • 4 feel • 3 hear • 2 smell • 1 taste.
Progressive Muscle Relaxation	Tense then relax muscle groups from feet to head.
Helpful Coping Statements	'This feeling will pass.' 'I can handle this one step at a time.'

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DBT Skills

Technique	Quick Reference
STOP	Stop • Take a step back • Observe • Proceed mindfully.
TIPP	Temperature • Intense Exercise • Paced Breathing • Progressive Relaxation.
Opposite Action	Choose behaviors opposite to ineffective emotional urges.
Wise Mind	Balance emotional and logical thinking.

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ACT & Self-Compassion

Technique	Quick Reference
Cognitive Defusion	Say: 'I'm noticing the thought that...'
Acceptance	Allow difficult emotions without fighting them.
Values Clarification	Choose actions aligned with your values.
Self-Compassion	Treat yourself with the kindness you would offer a friend.

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Everyday Mental Wellness

Technique	Quick Reference
Sleep Hygiene	Consistent sleep schedule, reduce evening screens, limit caffeine.
DESC Communication	Describe, Express, Specify, Consequences.
SMART Goals	Specific, Measurable, Achievable, Relevant, Time-bound.
Appointment Prep	Bring questions, medication concerns, symptom changes, and completed worksheets.

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