

Phone Coaching Worksheet

1. Briefly describe the problem or difficulty: _____

2. What skills have you already used: _____

Reminder: before calling for coaching, use these three skills:

1. _____

2. _____

3. _____

3. What specifically do you need help with? (e.g. you're not sure what other skills to use to help you not act on an urge; you need help asking someone for something important) _____

4. Describe what other skills or supports you can use if your therapist is not immediately available: _____

Phone Coaching Expectations

Phone coaching is an opportunity to generalize skills – to help you practice skills between sessions, in your everyday environment. Please follow these expectations:

1. The call will focus on skills and last no more than 10 minutes.
2. I will be willing accept the help being offered, and to practice the skills discussed.
3. I understand that my therapist will contact 911 if I am unable to keep myself safe.
4. I understand that I cannot use phone coaching for 24 hours after I have engaged in self harm. I am expected to call before acting on urges (this rule may also apply to other behaviors determine by my therapist and myself)
5. A phone coaching worksheet must be completed before the call.
6. Not respecting the limits of phone coaching will be treated as therapy interfering behavior
7. Phone coaching availability and limits are established and negotiated up front by therapists and clients.
8. I will be respectful of my therapist's availability, limits and rules as below:
 - a) _____
 - b) _____
 - c) _____
 - d) _____