

Appendix B

Linking Clinical Problems, Symptoms, Treatment Options, and Resources

This table offers LIPI clinicians a variety of examples to draw from when designing a client's individualised treatment plan. A selection of presenting symptoms, suitable treatment options, and freely available online resources are detailed. This is not intended as an exhaustive list, but rather a guide to designing and implementing LIPIs. The Centre for Clinical Interventions (CCI) offer a vast number of additional clinician resources on their website, including video demonstrations (www.cci.health.wa.gov.au/Training/Demonstration-Videos). All sources provided in this table can be found by either clicking the hyperlink (if viewing this document electronically) or by visiting www.cci.health.wa.gov.au/Resources/For-Clinicians.

BEHAVIOURS			
Clinical Problem	Symptom	Treatment Option	Online Resource(s)
Depression	Napping while watching TV	Behavioural activation	<i>Weekly activity schedule</i> <i>Fun activities catalogue</i> <i>Weekly goals record</i> <i>Behavioural strategies for managing depression</i> <i>Sleep hygiene</i>
Generalised Anxiety	Pre-empting negative outcomes	Cognitive restructuring Psychoeducation on intolerance of uncertainty	<i>Unhelpful thinking styles</i> <i>Accepting uncertainty</i> <i>Postpone your worry</i>
Social Anxiety	Leave the event early	Behavioural experiment(s) Psychoeducation on safety behaviours	<i>What is social anxiety?</i> <i>Behavioural experiments</i> <i>What are safety behaviours?</i> <i>What is distress intolerance?</i>
Panic	Avoidance	Behavioural experiment(s) Psychoeducation on safety behaviours	<i>Behavioural experiments</i>
Sleep	Stay in bed later	Sleep hygiene	<i>Sleep diary</i> <i>Sleep Hygiene</i>
Stress	Procrastinating tasks	Psychoeducation on stress	<i>Coping with stress</i>
THOUGHTS			
Clinical Problem	Symptom	Treatment Option	Online Resource(s)
Depression	Rumination on negative thoughts	Cognitive Restructuring	<i>Unhelpful thinking styles</i> <i>Detective work and disputation</i> <i>Thought diary (ABCDE: balanced thought)</i>
Generalised Anxiety	"Something bad has/will happen"	Psychoeducation about worry	<i>Helpful thinking</i> <i>Overview of worrying</i>

Social Anxiety	"People think I'm stupid"	Cognitive restructuring – unhelpful thinking styles, disputation	<i>The ABCs of thinking and feeling</i> <i>Detective work and disputation</i> <i>The thinking-feeling connection</i>
Panic	"I'm going to die"	Cognitive restructuring	<i>Thought diary (ABC)</i>
Sleep	"I never sleep well"	Cognitive restructuring	<i>Insomnia and your thinking</i>
Stress	"I should be doing this"	Cognitive restructuring	<i>"shoulding" and "musting"</i>

EMOTIONS

Clinical Problem	Symptom	Treatment Option	Online Resource(s)
Depression	Worthlessness	Psychoeducation	<i>Making the connection between thoughts and feelings</i> <i>Understanding self-compassion</i>
Generalised Anxiety	Irritability	Relaxation	<i>Letting go with mindfulness</i>
Social Anxiety	Nervousness	Relaxation	<i>Progressive muscle relaxation</i> <i>Monitoring your relaxation level</i>
Panic	Fear	Exposure	<i>Situational exposure</i> <i>Situational exposure diary</i>
Sleep	Frustration	Relaxation	<i>The calming technique: breathing</i>
Stress	Anger	Psychoeducation	<i>Anger coping strategies</i>

BODY SENSATIONS

Clinical Problem	Symptom	Treatment Option	Online Resource(s)
Depression	Low energy	Sleep hygiene	<i>Sleep hygiene</i> <i>Facts about sleep</i>
Generalised Anxiety	Tension	Relaxation training	<i>Progressive muscle relaxation</i>
Social Anxiety	Racing heart	Relaxation training	<i>Graded exposure: building situation stepladders</i> <i>Breathing retraining</i>
Panic	Difficulty breathing	Relaxation training	<i>Breathing retraining</i> <i>Daily record of breathing rate</i>
Sleep	Exhaustion	Relaxation training	<i>What is mindfulness?</i>
Stress	Feeling 'heavy' or 'weighted'	Relaxation training	<i>Progressive muscle relaxation</i>