

Appendix F

Handout 4.1

Group LIPI Design and Session Plan

The clinical problem(s) to be treated
1. 2. 3. Problem statement
Problem formulation
Use case formulation handout: Hot Cross Bun Model Thoughts Behaviours Body sensations Emotions Formulation
Session details
Provide details on session length, time and day, and frequency, and total number of sessions. Session length (e.g., 30mins, 60 mins) Session time and day Session frequency (e.g., weekly, fortnightly) Number of sessions (e.g., 6 sessions, 10 sessions)
Location details
Consider where the group will be held and a room set-up that is appropriate for the group purpose. Location of group (e.g., within the clinic, at a medical centre, town library) Does this location have adequate: <input type="checkbox"/> Parking <input type="checkbox"/> Public transport <input type="checkbox"/> Accessibility Room set-up and required materials (e.g., whiteboard, chairs, etc)
Recruitment details
How will clients be recruited to the program? Tick all that apply. <input type="checkbox"/> Internal client referral <input type="checkbox"/> External client referral (e.g., GPs, other services) <input type="checkbox"/> Promotional materials distributed to medical clinic waiting rooms etc <input type="checkbox"/> Other (provide details) How many participants will be recruited to the group?

Identify specific treatment goals

- 1.
- 2.

Identify the most appropriate LIPI modality

Consider client preference and available resources. Tick all that apply.

- ☐ Self-help: written, online
- ☐ Guided self-help telephone
- ☐ Guided self-help video-conferencing
- ☐ Guided self-help online
- ☐ Face-to-Face individual (Number of sessions____)
- ☐ Face-to-face group (Number of sessions ____)
- ☐ High intensity treatment is indicated: _____

All clients will be directed to use PORTs (if eligible) or Mindspot.org.au (if ineligible for PORTs) until the group treatment can commence.

Plan intervention

Determine what services are available within your workplace, and link to additional resources if needed (e.g., psychoeducation materials, handouts, online resources, see Chapter 3)

List helpful resources for intervention (hard copy, online)

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Based on case formulation and treatment goals, which strategies are indicated:

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Treatment session plan

Provide a brief description of what each treatment session will involve:

Session 1

Session 2

Session 3

Session 4

Session 5

Outcome monitoring

What measures will be used to monitor treatment targets?

How often will the measures be administered? (e.g., baseline and every session)

What would indicate treatment has been successful?

Referral to other services?

- ☐ Not currently required
 - ☐ Required (provide details)
 - ☐ May be required (to be determined following the LIPI)
- Consider referral to higher intensity services if symptoms persist or worsen after group treatment.