

PRACTITIONER RECORD

Client _____ Date _____ Session # _____

Session objectives and outcomes:

Session elements:

- Self-observation lessons _____
- Identifying existing behaviors _____
- Exploring new behaviors _____
- Identifying existing reinforcements _____
- Finding new reinforcements _____
- Creating new reinforcements _____
- Preference development _____
- Exploring altered states _____
- Linking breathing with symptoms _____
- Identifying triggers _____
- En vivo testing _____
- Creating trigger challenges _____
- Symptoms as triggers for good habits _____
- Generalization training _____
- Desensitization to breathing mechanics _____
- Desensitization to changes in physiology _____
- Extinction of classically conditioned responses _____
- Counterconditioning _____
- Extinction of reinforced (operant) behaviors _____
- Learning new behaviors (shaping) _____
- Reinforcing alternative behaviors _____
- Negative practice _____
- Using the Premack Principle _____
- Breaking response chains _____
- Secondary gain analysis _____
- Somatic learning (muscles, mouth) _____
- Autonomic learning (HRV) _____
- Capnography feedback _____
- En vivo learning strategies _____
- Perceptual learning (reflex) _____
- Thinking and imagining _____
- Symptom interpretation _____
- Self-education and beliefs _____
- Self-regulation interventions _____
- Recorded data review _____
- Homework review _____