Reviewing IMR-Informed Practice - Review journal

Review an attempt at reviewing imr-informed practice and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Casey's action plan worked once and needs a new transport option.

Use an ordinary or fictional example, with a clinician when appropriate. Review supports learning and adaptation rather than scoring recovery.

Practice task

Summarize one skill attempted, what happened, current needs, and a question for the next collaborative session.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What adjustment keeps the personal goal in view? My optional adjustment or support request:

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A20-5