

Therapeutic techniques

Match the Technique to the Goal

Clinicians | 10 to 15 minutes

A technique should serve an agreed care goal. Before introducing an activity, be able to explain what it is intended to help, why it fits this person, and what alternatives exist. A familiar worksheet or appealing method is not sufficient evidence of fit.

Use one deidentified example. Review the proposed activity before offering it; seek consultation when evidence, scope, or suitability is uncertain.

State the intended change

Name a specific goal in the person's own terms. Describe how the technique might contribute and what relevant evidence supports that choice. Distinguish established findings from your clinical hypothesis.

Plan consent and feedback

Explain the activity, its demands, relevant limits, and the option to decline. Agree on what useful change would look like and when to review it. Adapt or stop when feedback indicates that the activity is not helping.

1. What shared goal is this technique intended to address?**2. What evidence, competence, and contextual information support its use here?****3. What choices, access needs, or concerns will I discuss before starting?****4. What feedback or observation will guide continuing, adapting, stopping, or seeking consultation?****Clinical use and adaptation**

Use interventions within competence and an appropriate care plan. Consider contraindications, relevant evidence, culture, developmental needs, and current safety. Do not substitute worksheet completion for clinical outcome or informed participation. Specialized methods require their own training, assessment, and procedures.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: S01, S17. Full sources are in the online preview and collection appendix.

More Than Therapy | [Open this topic and worksheet online](#)

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