

# **Doing Positive Psychotherapy**

**How to Assess for and Apply Outcome-Oriented  
Interventions**

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# Steps for Administering An Outcome-Oriented Assessment

- **Take an outcome-oriented approach.**
- **Make an outcome-focussed assumption.**
- **Examine the client-expressed goal.**
- **Shift the negative to the positive.**
- **Question a global goal.**
- **Explore specific outcomes.**
- **Anticipate outcome.**
- **Ratify outcome.**

# Sensory Awareness Inventory (SAI)

(Burns, 1998, 2005b)

**Under each heading please list 10-20 items or activities from which you get pleasure, enjoyment or comfort.**

<b>Sight</b>	<b>Sound</b>	<b>Smell</b>	<b>Taste</b>	<b>Touch</b>	<b>Activity</b>

# **Sensory Awareness Inventory (SAI)**

**(Burns, 1998, 2005b)**

- Step 1            Complete SAI**
- Step 2            Look for the themes**
- Step 3            Set exercises to maximize well-being**
- Step 4            Keep SAI accessible**
- Step 5            Use SAI to change/enhance mood or  
experience (gratitude)**

# Nature-Guided Mindfulness

- **Use the SAI**
- **Focus on the senses**
- **Be specific about the senses**
- **Be general about the content (content free)**
- **Use in vivo or in imagery**

# **Therapeutic Metaphors**

**(Burns, 2001, 2005, 2007)**

## **The PRO Approach:**

**Problem**

**Resources**

**Outcome**

**(Character)**

# References

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