

Clinical Skills Inventory

Take stock of the approaches you draw on

Use it	Approaches	Mark
For self-reflection or supervision	MI, CBT, DBT, MBSR, TIC	What you use

Circle or check what you use often. Underline what you'd like to grow. Add your own in "Other."

● MI	● CBT	● DBT	● MBSR	● TIC
Spirit	Cognitive distortions	Validation	Formal practice	Symptoms as adaptations
Compassion	Psychoeducation	Wise mind	Informal practice	Resilience
Acceptance	Shades of grey	Diary cards	Foundations	Principles
Partnership	Survey method	Interpersonal	Non-judgment	Safety
Evocation	Cost-benefit	DEAR MAN	Patience	Trust and transparency
OARS and GI	Experimental technique	GIVE	Beginner's mind	Peer support
Open questions	Examining the evidence	FAST	Trust	Collaboration
Affirmations	Re-attribution	Emotion regulation	Non-striving	Empowerment, voice, choice
Reflections	Cognitive rehearsal	PLEASE	Acceptance	Cultural, historical, gender
Summaries	Semantic method	Building mastery	Letting be	Trauma can be
Giving information	Validity testing	Opposite action	Meditation types	Pervasive
Processes	Exposure	Distress tolerance	Focused attention	Impactful
Engaging	Guided discovery	ACCEPTS	Open monitoring	Life shaping
Focusing	Monitoring	Self-soothe	Compassion	Self-perpetuating
Evoking	Thought records	Problem solving	Relaxation	Other: _____
Planning	ABC	Other: _____	Other: _____	
Also	Thought mapping			
Change and sustain talk	Problem solving			
Dancing with discord	Other: _____			
Other: _____				