**EXECUTIVE CAPACITY INTERVENTIONS – George McCloskey, Ph.D., PCOM**

|  |
| --- |
| **Intervention Phase/Strategy** |
|  | Techniques I am currently using | Techniques I want to add to my repertoire |
| **Orienting** |
|  | Identify Goals/ Motivational Interviewing |  |  |
|  | IdentifyDifficulties |  |  |
|  | IdentifySolutions |  |  |
|  | Explanation of Brain Function |  |  |
| **External Control** |
|  | Prompting with Specificity |  |  |
| Manage with Rewards/Neg. Consequences |  |  |
| Use of Management Aids |  |  |
| **Bridging** |
|  | Reflective Questioning with Feedback |  |  |
| Modeling |  |  |
| Cognitive Strategy Instruction with feedback |  |  |
| Collaborative Proactive Solutions / I Can Problem Solve/ Superflex |  |  |
| Rehearsal and Practice (High Interest) |  |  |
| Aligning External Demands with Internal Desires  |  |  |
| Develop Common Vocabulary |  |  |
| Cognitive Behavior Therapy |  |  |
| IE/Mediated Learning |  |  |
| Dialectical Behavior Therapy |  |  |
| Tools of the Mind |  |  |
| Mindfulness/Meditation |  |  |
| **Internal Self-Regulation** |
|  | Self-Talk |  |  |
| Self-Administered Rewards |  |  |
| Self-Monitoring |  |  |
| Meditation |  |  |