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

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| **Intervention Phase/Strategy** | | | | |
|  | | | Techniques I am currently using | Techniques I want to add to my repertoire |
| **Orienting** | | | | |
|  | Identify Goals/ Motivational Interviewing | |  |  |
|  | Identify  Difficulties | |  |  |
|  | Identify  Solutions | |  |  |
|  | 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 | |  |  |