



**TeleCBT.ca**

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## Standard CBT Session Components

1. Psychometry
  2. Brief summary of events since last session
  3. Summary of the last session
  4. Homework review
  5. Old agenda items
  6. New agenda items
  7. Homework assignment
  8. Summary of today's session
  9. Feedback
  10. Administrative issues
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- A large, semi-transparent watermark of the TeleCBT.ca logo is centered on the page, overlapping the list items. It consists of a blue speech bubble with "TeleCBT" in white and a green speech bubble below it with ".ca" in white.