**Horyzons Cheat Sheet**

Here is a list of the kinds of topics your client can access in the therapy material on Horyzons. Listed below are examples of activities in each topical area. If you have a question about other activities on Horyzons, we encourage you to reach out to your client's Horyzons clinical moderator. *Italicized bullet points give some context to the activity as it may not be entirely clear from the name.*

**Therapeutic Content Modules**

* **Anxiety**
	+ Example activities:
		- Anxiety: Too Much of a Good Thing
		- Body Scan
		- Face Your Fears
			* *Psychoeducation about the impact of safety behaviors, avoidance, and approach behaviors to manage anxiety*
* **Feeling Distressed**
	+ Example activities:
		- 3am is Never the Time to Try and Sort Out Your Life
			* *Review of ways in which the elements (e.g., rain, winter) and situational factors (e.g., hunger, sleep, anger) can contribute to stress and mood.*
		- Accepting the Reality of a Difficult Situation
		- For Times When You’re Feeling Alone
			* *Ideas for coping with loneliness through grounding, positive refocusing, and the like*
* **Inner Critic**
	+ Example activities:
		- How Would You Treat a Friend?
		- Loving-Kindness Meditation
		- Positive Self-Talk
* **Loneliness**
	+ Example activities:
		- Dealing with Rejection
		- How to Join a Group
		- Who’s on Your Team?
* **Mood**
	+ Example activities:
		- Building Hope and Optimism
		- Making Time for Fun and Challenge Rumination
		- Mindful Breathing
* **Motivation**
	+ Example activities:
		- Mastery and Motivation
			* *Ideas of mastery activities to feel in control of one’s life and accomplished; ideas of how to increase mastery activities and build habits*
		- What Would Beyoncé Do?
			* *How to bridge the gap of who one is and acts and who they would want to be including increasing motivation & confidence*
		- You Only Have So Many F\*cks to Give: Use Them Wisely
			* *Identifying values and using them to guide actions*
* **Navigating the System**
	+ Example activities:
		- Finding the Right Words
			* *Ideas of how to prepare if one needs to have a difficult conversation with someone they trust*
		- Mental Health, Alcohol, and Other Drugs
		- My Clinician’s Leaving
			* *Normalizes the feeling of anger & loss when therapy ends and provides space for clients to think about how to best prepare for a shift in their care*
* **Relationships**
	+ Example activities:
		- Dealing with Rejection
		- Finding and Making New Friends
		- Is Everyone Hanging out Without Me?
			* *Tips for reality testing and slowing down automatic thoughts that might lead someone to feel left out or undervalued*
* **Stuck Thinking**
	+ Example activities:
		- Building Hope and Optimism
			* *Ways to break rumination and negative thoughts to focus on more positive things and build hope*
		- Catching Negative and Biased Thinking
		- Noticing Pleasant Experiences
* **Work** **& Study**
	+ Example activities:
		- Interview Preparation
		- Preparing Your Best Self
			* *Tips on how to present oneself prior to interviews including phone calls, emails, social media, & attire*
		- Strategies for Settling Interview Nerves
* **Worry**
	+ Example activities:
		- Anxious Thoughts on Trial
			* *Comic that demonstrates coming up with evidence for and against automatic negative thoughts*
		- Challenging Unhelpful Thoughts
			* *Steps of cognitive restructuring – ways to identify thoughts, examine them for accuracy/helpfulness, and come up with a more kind and balanced thought*
		- Refocus on the Present Moment

|  |  |
| --- | --- |
| **Horyzons Therapeutic Content Topic Area** | **Relevant IRT Modules and Topics\*** |
| **Anxiety*** Example activities:
	+ Anxiety: Too Much of a Good Thing
	+ Body Scan
	+ Face Your Fears
		- *Psychoeducation about the impact of safety behaviors, avoidance, and approach behaviors to manage anxiety*
 | * Module 1, Introduction to Orientation
	+ Topic #3: Guide to Relaxed Breathing
* Module 6, Processing the Psychotic Episode
	+ Topic #2: Challenging Self-Defeating Thoughts and Beliefs
* Module 10, Coping with Symptoms
	+ Topic #3: Coping with Anxiety
 |
| **Feeling Distressed*** Example activities:
	+ 3am is Never the Time to Try and Sort Out Your Life
		- *Review of ways in which the elements (e.g., rain, winter) and situational factors (e.g., hunger, sleep, anger) can contribute to stress and mood.*
	+ Accepting the Reality of a Difficult Situation
	+ For Times When You’re Feeling Alone
		- *Ideas for coping with loneliness through grounding, positive refocusing, and the like*
 | * Module 10, Coping with Symptoms
	+ Topic #2: Coping with Depression
	+ Topic #3: Coping with Anxiety
	+ Topic #4: Coping with Hallucinations
	+ Topic #7: Coping with Worrisome Thoughts
 |
| **Inner Critic*** Example activities:
	+ How Would You Treat a Friend?
	+ Loving-Kindness Meditation
	+ Positive Self-Talk
 | * Module 6, Processing the Psychotic Episode
	+ Topic #2: Challenging Self-Defeating Thoughts and Beliefs
 |
| **Loneliness*** Example activities:
	+ Dealing with Rejection
	+ How to Join a Group
	+ Who’s on Your Team?
 | * Module 12, Having Fun and Developing Good Relationships
	+ Connecting with People Sub-Module
	+ Improving Relationships Sub-Module
 |
| **Mood*** Example activities:
	+ Building Hope and Optimism
	+ Making Time for Fun and Challenge Rumination
	+ Mindful Breathing
 | * Module 10, Coping with Symptoms
	+ Topic #2: Coping with Depression
	+ Topic #6: Coping with Low Stamina or Energy
* Module 13, Developing Resiliency
	+ Developing Resiliency: Standard Sessions (e.g., Finding the Good Things in Each Day Parts I and II; Savoring Parts I and II; Mindfulness Parts I and II)
 |
| **Motivation*** Example activities:
	+ Mastery and Motivation
		- *Ideas of mastery activities to feel in control of one’s life and accomplished; ideas of how to increase mastery activities and build habits*
	+ What Would Beyoncé Do?
		- *How to bridge the gap of who one is and acts and who they would want to be including increasing motivation & confidence*
	+ You Only Have So Many F\*cks to Give: Use Them Wisely
		- *Identifying values and using them to guide actions*
 | * Module 13, Developing Resiliency
	+ Developing Resiliency: Standard Sessions (e.g., Exploring Your Resilience; Mindfulness Parts I and II)
	+ Developing Resiliency: Individualized Sessions (e.g., Gratitude Visit Parts 1 and II)
 |
| **Navigating the System*** Example activities:
	+ Finding the Right Words
		- *Ideas of how to prepare if one needs to have a difficult conversation with someone they trust*
	+ Mental Health, Alcohol, and Other Drugs
	+ My Clinician’s Leaving
		- *Normalizes the feeling of anger & loss when therapy ends and provides space for clients to think about how to best prepare for a shift in their care*
 | * Module 8, Building a Bridge to Your Goals
	+ Topic #1: Goal Setting Review
	+ Topic #2: Moving Ahead with a Plan – Transitions in Treatment
 |
| **Relationships*** Example activities:
	+ Dealing with Rejection
	+ Finding and Making New Friends
	+ Is Everyone Hanging out Without Me?
		- *Tips for reality testing and slowing down automatic thoughts that might lead someone to feel left out or undervalued*
 | * Module 12, Having Fun and Developing Good Relationships
	+ Connecting with People Sub-Module
	+ Improving Relationships Sub-Module (e.g., Topic #1: Showing Interest in Others; Topic #4: Interpreting Social Cues)
 |
| **Stuck Thinking*** Example activities:
	+ Building Hope and Optimism
		- *Ways to break rumination and negative thoughts to focus on more positive things and build hope*
	+ Catching Negative and Biased Thinking
	+ Noticing Pleasant Experiences
 | * Module 9, Dealing with Negative Feelings
	+ Topic #1: Taking Charge of Your Negative Feelings
	+ Topic #2: Cognitive Restructuring of Negative Feelings
 |
| **Work** **& Study*** Example activities:
	+ Interview Preparation
	+ Preparing Your Best Self
		- *Tips on how to present oneself prior to interviews including phone calls, emails, social media, & attire*
	+ Strategies for Settling Interview Nerves
 | * May not directly overlap onto IRT content. Contains activities relevant to work acquisition and may map onto Chapter 7 (Conducting the Job Search) of the SEE manual.
 |
| **Worry*** Example activities:
	+ Anxious Thoughts on Trial
		- *Comic that demonstrates coming up with evidence for and against automatic negative thoughts*
	+ Challenging Unhelpful Thoughts
		- *Steps of cognitive restructuring – ways to identify thoughts, examine them for accuracy/helpfulness, and come up with a more kind and balanced thought*
	+ Refocus on the Present Moment
 | * Module 9, Dealing with Negative Feelings
	+ Topic #1: Taking Charge of Your Negative Feelings
	+ Topic #2: Cognitive Restructuring of Negative Feelings
* Module 10, Coping with Symptoms
	+ Topic #7: Coping with Worrisome Thoughts
 |
| \* Not intended to provide a comprehensive list of IRT content that aligns with Horyzons activities. |