**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

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| **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. | |