



Psychoeducation Checklist

Psychoeducation is a critical component in engagement, assessment, and treatment approaches.

Key messages include:

- You, the client, are not to blame for your diagnosis
- There is no right way for everyone- so “we will move at a comfortable pace for you”
- Reinforce what the client is doing well- Positive reinforcement is a helpful tool
- Validate and Empower
- “Together, we can make real progress- We are partners in working together” (Describe role of therapist and client)
- “Change takes time”
- “You are not alone”
- Dangerous situations need our immediate attention (self harm, harm to others, and property)
- “Please ask questions as it is important that we have a shared understanding”
- “It is important to reach out and use your social supports as often as you can”
- Be hopeful- “We can develop a plan that can make things better”