

IMACC workshop

Title:

**The Integrative Model of Adjustment to Chronic Conditions; an
introduction to clinical application**

IMPLEMENTATION EXERCISE

Please consider the following questions and reflect on how you might be able to implement some of today's learning in your daily practice.

Think of 2-3 cases from your practice, whose main presenting issue is adjustment difficulties – how could IMACC be helpful to these cases?

Thinking of cases from your practice, can you think of anyone, for whom IMACC would not be suitable?

Thinking of your usual screening/assessment practice, would you be able to incorporate elements of IMACC into your standard assessments? How would you do that? Or would you use it as an extra assessment tool after your standard procedure?

Thinking of your typical interventions, could elements of IMACC be incorporated into those? How would you do that?

Many thanks for your engagement with the workshop and this exercise. I hope you have found it informative and that the IMACC will prove to be a useful tool for you in your daily practice.