

Treatment Module/ Face-to-face sessions	Phases and components	Clinical strategies	Examples of homework assignments
A	1. Problem- and goal identification Introduction: purpose, responsibilities	The Patient Goal Priority Questionnaire. Creation of a goal priority list including: - Behavioral goal identification - Goal ranking (importance, frequency, level of difficulty) - Activity level, perceived self-efficacy, fear of performance, readiness to change, and expectations for treatment Pain history Physical assessment	To complete, modify and reflect over the goal priority list
B	2. Self-monitoring	Selection of first target for treatment Tailoring of a self-monitoring diary for prospective recording (e.g. activity, situation, pain, cognitions, motor behavior, consequences)	To monitor activity in everyday-life according to agreed quota
B	3. Functional behavioral analysis Goal setting	Introduction and discussion of hypothesized physical, cognitive, behavioral, psychosocial determinants of disability Operationalization of goals and intermediate objectives	Continuing self-monitoring To engage in a physical activity of own choice

C, D, E	4. Basic skills acquisition	Skills constituent to the first target are introduced, trained, and recorded	To practice basic exercises To record dose, perception of success and barriers for exercising in an exercise diary
C, D, E	5. Applied skills acquisition	Basic skills are merged to shape adequate behaviors Supervision in a contrived situation at the clinic Agreement of quota for applied activities training in everyday-life	To apply skills and practice activities in everyday-life
F	6. Generalization	Subsequent goals on the priority list are targeted Continuing functional behavioral analysis Skills acquisition	See above To extend the application of skills to new activities and situations
G	7. Maintenance and relapse prevention	Strategies for maintenance of skills are discussed Future risk situations are identified, management strategies are discussed and documented	To document problem-solving strategies
