

## Appendix I: BATHE Instructional Handout

We are interested in instructing you in the use of a cognitive technique to be self-administered and to assess whether or not it may be helpful in coping in the future. A similar technique has been utilized with patients. The technique can be expressed by an acronym, BATHE.

Before instruction you in the use of this technique, we will define the elements for you.

B- the **BACKGROUND** of the situation that may have generated some stress for you professionally;

A- **AFFECT** and how you feel about the situation;

T- the most **TROUBLESOME** aspects of the situation, your experience;

H- how you **HANDLED** the situation, your expertise; and

E- **EMPATHY** that you may provide yourself for how you did under the circumstances.

To actually perform the BATHEing technique, there are several steps that may be helpful, we think:

1. Recommend journaling or jotting down elements relevant to the situation, at least in beginning phase with technique, or privately verbalizing elements, since cognitive processes may be enhanced if given words;
2. To actually **BEGIN**, may be helpful to prepare yourself by shifting from our usual mindset of **DOING** to **BEING**, so that you may require a brief period where you are alone; a few special **BREATHS** may help quiet your mind and create the shift. Perhaps close your eyes and imagine your breath rolling in and out like ocean waves, calm and effortless, as waves of relaxation flow through your body, into your shoulders, arms and hands, and throughout your body. These waves of relaxation bring a sense of warmth and heaviness to your arms, hands and entire body.
3. Now I want you to proceed with the body of the technique. **BACKGROUND**, I want you to recall a situation that may have generated some stress for you professionally;  
Next recall how it **AFFECTS** you;  
Next recall what was most **TROUBLESOME** about the situation, your experience;  
Next recall how you **HANDLED** the situation, your expertise;  
Finally, to **END**, support yourself **EMPATHICALLY** for how you did under the circumstances and perhaps ponder how the situation could be handled differently in the future to generate less stress. Then you are ready to re-Enter and resume your usual activities.