

Patient ID: Date:	Page Manual	Covered in session with therapist	Out-of- office work with therapist	Home work set
<b>Used cognitive questionnaires to guide treatment</b>				
<b>Reviewed patient's goals</b>				
<b>Reclaiming your life</b>				
<b>Treatment rationale and case formulation</b>				
<b>Updating Memory Procedure</b>				
<b><i>Step 1: Access Hot Spots and Meanings</i></b>				
Verbal account of trauma				
Identifying intrusive memories and their relation to events during trauma				
Imaginal reliving				
Narrative writing, time line of events				
Discussion of hot spots and their meanings (from reliving/narrative/intrusions)				
<b><i>Step 2: Identify Updating Information</i></b>				
Discussion of what happened before during trauma and afterwards				
Cognitive restructuring (s. below)				
Behavioural experiments (s. below)				
Imagery to identify updates (eg visualising event from different perspective)				
<b><i>Step 3: Incorporate Updates in Memory - Linking New Meanings to Hot Spots</i></b>				
Verbal reminders				
Movement or other incompatible sensations				
Imagery of updates				
<b>Stimulus Discrimination</b>				
Identify triggers				
Then vs Now discrimination				
Grounding objects for dissociation				
<b>Site Visit</b>				
In person				
Via images such as Google Earth				

<b>Cognitive Restructuring</b>				
Information/ psychoeducation				
Identified/worked on appraisals that maintain sense of current threat <b>Circle type of appraisal:</b> Overgeneralisation of danger Negative interpretation of intrusive memories or images of the future Inflated sense of responsibility Persistent sense of degradation, defeat and low self-worth Preoccupation with unfairness/revenge Appraisals about the death of others Negative interpretations of physical consequences of the trauma Perceived permanent change and alienation				
Guided discovery				
Review evidence for/against appraisal				
Behavioural experiment (testing predictions from appraisals)				
Probability calculations				
Survey				
Pie chart				
Imagery to change appraisal (eg visualising alternative actions, imaginary discussion with deceased)				
Discussion of time line of events				
Continua, prejudice model, positive data log etc				
<b>Dropping Maintaining Behaviours</b>				
Experiential exercise to demonstrate effect of behaviour				
Discussion of pro and cons of behaviour				
Behavioural Experiment (dropping behaviour) <b>Circle behaviours worked on:</b> Thought suppression Rumination Safety behaviours Hypervigilance/ selective attention Avoidance Social withdrawal Substance use, emotional numbing Excessive risk taking Unhelpful sleep habits				
<b>Blueprint</b>				