

Patient:	Date:	Covered in session with therapist	Out-of-office work with therapist	Homework set
Reclaiming your Life				
Discussion of Rationale and Case Formulation				
Used cognitive questionnaires to guide treatment				
Updating Memory Procedure				
<i>Step 1: Access Hot Spots and Meanings</i>				
Verbal account of trauma				
Identifying intrusive memories and their relation to trauma				
Imaginal Reliving				
Narrative Writing				
Discussion of Hot Spots and their Meanings (from reliving/narrative or intrusions)				
<i>Step 2: Identify Updating Information</i>				
Discussion of what happened during trauma and afterwards				
Cognitive Restructuring (s. below)				
Behavioural Experiments (s. below)				
Imagery				
<i>Step 3: Incorporate Updates in Memory - linking new meanings to hot spots</i>				
Verbal Reminders				
Movement or other Incompatible Sensations				
Imagery				

Stimulus Discrimination			
Identify Triggers			
Then vs Now discrimination			
Grounding objects for dissociation			
Cognitive Restructuring			
Information/ Psychoeducation			
Identified appraisals that maintain sense of current threat			
Guided discovery			
Review evidence for/against			
Behavioural experiment (testing predictions from appraisals)			
Survey			
Pie chart			
Imagery			
Discussion of time line of events			
Continua, Prejudice Model, Positive Data Log etc			
Site Visit			
In person			
Via images such as Google Earth			
Dropping Maintaining Behaviours			
Experiential exercise such as thought suppression or attentional focus experiment			
Behavioural Experiment (dropping			

behaviour) Behaviour worked on			
Thought Suppression			
Safety Behaviours			
Hypervigilance/ Attentional focus			
Avoidance			
Alcohol, Cannabis, Smoking , eating etc			
Unhelpful Sleep Habits			
Social Withdrawal			
Excessive Risk Taking			
Blueprint			