

Reprocessing Plan

Name:

Date Started:

Date Completed:

Presenting Issue: (Enter a Presenting Issue from your Master Treatment Plan in the box below. This should be a theme or pattern that repeats itself when triggers are present.)

Place this Presenting Issue in the blank line in the script below (blue text) so it is handy when you are eliciting past memories.

Recent Experience: (*specific memory of a recent experience*) (Enter a Recent Experience in the box below. Have them choose a recent experience (must be a specific memory) when this Presenting Issue happened. Just have them give you 1-10 words that will remind them of the memory and when it occurred.)

As you recall that Recent Experience, notice the Negative beliefs you are having about yourself (nod your head when you have it). Notice what emotions you are experiencing when you remember it (nod your head when you have it). Notice any physical sensations you are having (nod your head when you have it). Now drift back in time to an earlier time you had these same negative beliefs, emotions and sensations to _____ (the Presenting Issue from above).

(When they have a memory come to mind ask): "When or what age did this occur?"

Place the memory and the age in the list of Past Memories below.

List the recent experience below. Continue to have them drift back through time and note below, as many times as you can find, when this presenting complaint occurred until you get the first time it occurred. There should be memories from the most recent experience through time to the first time they had that Presenting Issue (experience). **They *MUST BE SPECIFIC MEMORIES*, not themes of something that happened all the time.**



