Reprocessing Plan

Name:	Date Started: Date Completed:
` `	ssue from your Master Treatment Plan in the box that repeats itself when triggers are present.)
Place this Presenting Issue in the blank l you are eliciting past memories.	ine in the script below (blue text) so it is handy when
the box below. Have them choose a rece	of a recent experience) (Enter a Recent Experience in ent experience (must be a specific memory) when this em give you 1-10 words that will remind them of the
(nod your head when you have it). Notice remember it (nod your head when you he	tice the Negative beliefs you are having about yourself e what emotions you are experiencing when you ave it). Notice any physical sensations you are having drift back in time to an earlier time you had these same
(the Presenting Issue from above).	d ask): "When or what age did this occur?"

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.



Past Prong

Past Memories:

You can make copies of this page and add more memories as needed. For people who are older or have had extensive trauma there may be many memories. You and your client will get an idea of how pervasive the memory networks are by how many memories are associated. This allows you both to track how much gets cleared as you progress through the list to reprocess. Remember you may not have to reprocess each memory as other associated memories often are reprocessed along with any memory targeted.

Cut and paste to get the memories in chronological order with the first memory at the bottom and the most recent on the top

pottom and the i	most recent	on the top
<u>Date</u> <u>Completed</u> SUDS & VOC	Age/Date	Past Memories Use only 1-10 words that will remind your client of the memory. A description of the memory will take them out of the process of floating back to memories.

Continue to Add Lines until you have completed a **thorough history** of this Presenting Issue.



Present Prong

Present Triggers: Choose which one applies to your client:

- 1. If the Presenting Trigger still has a physical/emotional charge, find a recent example where they were triggered, put it on an Assessment sheet and reprocess that memory. Once it is complete (Phases 4-6) go to the Future Prong below and do a Future Template on the Present Trigger you just reprocessed.
- 2. If the Present Trigger no longer triggers them then put it on the Future Prong below and do a Future Template on the Present Trigger.

Write each present trigger here and in the grid under Future Prong below.

You can make copies of this page and add present triggers if needed.

D ate		Recent Experience (Specific
Completed		Memory) of this Present Trigger
	Dung and Tuing an	Use only 1-10 words that will remind your
SUDS & VOC	Present Trigger	
		client of the memory.

Each Present Trigger above must also be listed in the Future Prong below.



Future Prong

Future Templates: For each Present Trigger above you will do a Future Template (see the Future Template instructions in your manual).

"How would you like to handle this situation in the future?"

Data	Date				
Date		Future Scenario			
Completed	Present Trigger	Just use a couple of words to describe.			