



Introduction

The Mental Health Planner & Workbook is a detailed resource created to offer individuals a methodical and organized way to handle their mental well-being. This tool assists in monitoring symptoms, identifying triggers, and developing coping strategies. Although it is not meant to replace professional assistance, it can enhance the effects of therapy or medication, serving as a beneficial companion on the path to better mental health.

Purpose

The planner and workbook help users track mental health progress by documenting thoughts, emotions, and behaviors. Consistent recording can reveal patterns, aiding in understanding mental health, developing coping strategies, and identifying triggers.

How to Use

DAILY ENTRIES:

Make daily entries detailing your mood, thoughts, and experiences. This practice of daily documentation can help you understand the nuances of your mental health on a day-to-day basis, thereby enabling you to identify patterns and triggers over time.

TRIGGER TRACKING:

Identify and record any triggers that may have led to a significant shift in your mental health. This process of tracking can help you manage or avoid these triggers in the future, thereby allowing you to maintain better control over your mental health.







COPING STRATEGIES:

Develop and document coping strategies for when you encounter stressors or triggers. Regularly assess the effectiveness of these strategies and make adjustments as needed. This feature enables you to take a proactive role in managing your mental health, providing a sense of empowerment and control.

Therapeutic Approaches Included



(The Mental Health Planner & Workbook incorporates various therapeutic approaches to provide a holistic approach to mental health management.)

Cognitive Behavioral Therapy (CBT):

A type of therapy that helps individuals understand how their thoughts and feelings influence their behaviors. It's widely used to treat a range of disorders, including depression, anxiety, and eating disorders.

Dialectical Behavior Therapy (DBT):

A type of cognitive-behavioral therapy that teaches individuals how to live in the moment, cope healthily with stress, regulate emotions, and improve relationships with others.

Motivational Interviewing:

A counseling method that helps individuals resolve ambivalent feelings and insecurities to find the internal motivation they need to change their behavior.







Trauma-Focused Therapy:

This form of therapy is designed to help individuals who have experienced traumatic events. It includes techniques from cognitive and behavioral therapies to treat post-traumatic stress disorder.

Emotional Freedom Techniques (EFT):

Also known as tapping, it's a form of counseling intervention that draws on various theories of alternative medicine.

Eye Movement Desensitization and Reprocessing (EMDR):

A psychotherapy treatment designed to alleviate the distress associated with traumatic memories.

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These therapeutic approaches should be used as guidance and are not meant to replace professional help. Consult with a mental health professional for personalized advice and treatment.









Overview



Definition:

Cognitive Behavioral Therapy is a form of psychotherapy that addresses dysfunctional emotions and behaviors through a goal-oriented, systematic approach.

Key Principles:

It involves identifying and challenging negative thought patterns and beliefs, understanding the connection between thoughts, emotions, and actions, and developing healthier coping mechanisms.

Applications:

Effective for anxiety, depression, stress, phobias, and other mental health disorders.







Thought Record Sheet



• Situation:		
WHAT HAPPENED?		
• Automatic Thoughts:	• Alternative Thoughts:	
WHAT DID YOU THINK?	IS THERE ANY THOUGHTS THAT CONTRADICTS THEM?	
• Emotions:		
WHAT DID YOU FEEL?		
• Outcome:		
AFTER CONSIDERING ALTERNATIVE THOUGHTS, HOW DO YOU FEEL NOW?		







Belief Challenge Worksheet



Core Belief	Evidence Supporting	Evidence Against	Balanced Belief
WHAT IS YOUR CORE BELIEF?	WHAT EVIDENCE SUPPORTS THIS BELIEF?	WHAT EVIDENCE CONTRADICTS THIS BELIEF?	WHAT COULD BE A MORE BALANCED BELIEF?







Weekly Planner



SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	





Activity Scheduling



 Activity Planner 	DATE:
SUNDAY	THURSDAY
O O O	O O O
MONDAY	FRIDAY
O O O	O O O
TUESDAY	SATURDAY
O O O	O O O
WEDNESDAY	PRIORITIES
O O O	O



Weekly Reflection



Reflect on your past week's activities:

WHAT WENT WELL?
WHAT DIDN'T GO AS PLANNED?
WHAT WILL YOU DO DIFFERENTLY NEXT WEEK?

Remember, it's not about filling every hour of the day but about making the most of the time you have for the activities that matter most to you.





IMPLEMENTING

CBT Techniques



Tips for Therapists: Strategies for integrating CBT into therapy

GOAL SETTING

In Cognitive Behavioral Therapy (CBT), it's important to work with the client to set realistic, achievable goals. These goals should be specific, measurable, attainable, relevant, and time-bound (SMART). This gives the client a clear understanding of what they are working towards and allows them to track their progress.

RAPPORT BUILDING

Building a strong therapeutic relationship is crucial in CBT. The therapist should strive to create a safe, non-judgmental space where the client feels comfortable sharing their thoughts and feelings. Active listening, empathy, and validation are key techniques for building rapport.

PROGRESS TRACKING

Regularly reviewing and discussing the client's progress towards their goals is a key part of CBT. This can help to keep the therapy on track and allow for adjustments to the treatment plan as needed.







IMPLEMENTING

CBT Techniques



Common Challenges

ADDRESSING CLIENT RESISTANCE

Resistance can be a common challenge in CBT. It's important to approach this with empathy and understanding, exploring the client's fears and concerns. Providing education about CBT and involving the client in the treatment planning process can also help to reduce resistance.

ADAPTING STRATEGIES FOR DIFFERENT CLIENT PROFILES

Every client is unique, so it's important to adapt your CBT strategies to suit each individual. This might involve modifying techniques for clients with different cultural backgrounds, cognitive abilities, or mental health conditions.

Further Resources

For deeper exploration of CBT, consider the following resources:

- "Cognitive Behavior Therapy: Basics and Beyond" by Judith S. Beck
- "Feeling Good: The New Mood Therapy" by David D. Burns
- The Beck Institute website
- The Association for Behavioral and Cognitive Therapies website









Overview



Definition:

Dialectical Behavior Therapy (DBT) is a type of cognitive-behavioral therapy that focuses on teaching patients skills to cope with stress, regulate emotions, and improve relationships with others.

Key Principles:

Emphasizes balancing acceptance and change, understanding and managing emotions, and developing interpersonal effectiveness.

Applications:

Particularly helpful for borderline personality disorder, self-harm, suicidal ideation, and substance abuse.







Mindfulness Exercise





LOOK:

Look around for 5 things that you can see and describe them in detail.



FEEL:

Pay attention to the contact between your body and your surroundings and notice 4 things that you can feel.



LISTEN:

Listen carefully and identify 3 things that you can hear.



SMELL:

Bring to mind 2 things that you can smell. If you can't smell anything at the moment, then recall 2 of your favorite smells.



TASTE:

Acknowledge I thing that you can taste. It may be the aftertaste of a meal or the freshness of your mouth.

Remember to take your time with each step and try to focus on the experience as much as possible.





Exercise Reflection:



Note your experience during the exercise.

WHAT DID YOU NOTICE DURING THIS EXERCISE?
HOW DID YOUR BODY FEEL DURING EACH STEP?
WAS THERE A STEP YOU FOUND PARTICULARLY GROUNDING? IF SO, WHICH ONE AND WHY?
LIOW DO VOLLEGEL ACTED COMPLETING THE EVED CIOES
HOW DO YOU FEEL AFTER COMPLETING THE EXERCISE?



Distress Tolerance Techniques





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Remember to practice these distress tolerance techniques whenever you need to manage stress or anxiety. It may take some time to become comfortable with the exercises, but with practice, they can become valuable tools for coping with distress.

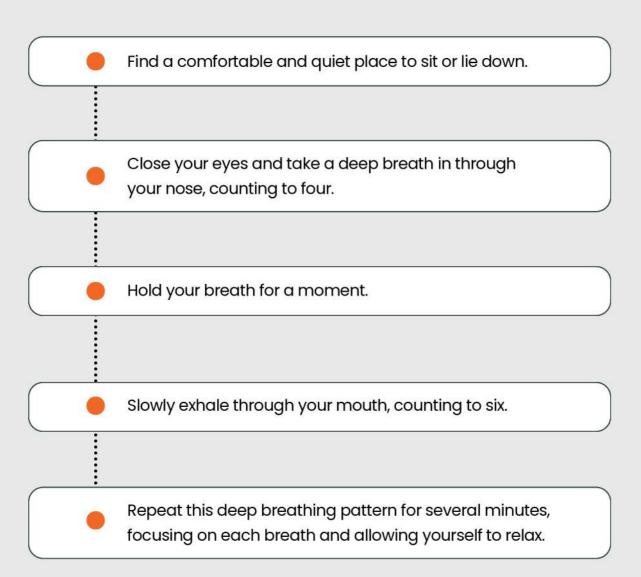






Guided Deep Breathing Exercise









Exercise Reflection:



Note your experience during the exercise.

HOW DID YOU FEEL BEFORE STARTING THE EXERCISE?
DID YOU NOTICE ANY CHANGES IN YOUR BODY OR MIND DURING THE EXERCISE?
HOW DO YOU FEEL AFTER COMPLETING THE EXERCISE?
DID THE EXERCISE HELP YOU TO FEEL MORE RELAXED OR CALM?



Progressive Muscle Relaxation Exercise



- Find a comfortable and quiet place to sit or lie down. Begin by tensing the muscles in your hands, squeezing them tightly for a few seconds. Release the tension in your hands and notice the difference between tension and relaxation. Move on to your arms, tensing the muscles and then releasing the tension. Continue this process, moving through each muscle group in your body, including your legs, abdomen, chest, shoulders, and face. Take your time with each muscle group, tensing and releasing the tension. Once you have completed the entire body, take a moment
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to notice the overall relaxation and release of tension.



Exercise Reflection



Note your experience during the exercise.

HOW DID YOU FEEL BEFORE STARTING THE EXERCISE?
DID YOU NOTICE ANY CHANGES IN YOUR BODY OR MIND DURING THE EXERCISE?
HOW DO YOU FEEL AFTER COMPLETING THE EXERCISE?
DID THE EXERCISE HELP YOU TO RELEASE TENSION AND RELAX?



Emotion Regulation Worksheet



To help identify, understand, and manage your emotions.

•	Current Emotions
	WHAT EMOTIONS HAVE YOU BEEN EXPERIENCING LATELY? (LIST AND DESCRIBE)
7	
	-
*	
•	Identifying Triggers
	DESCRIBE SITUATIONS OR EVENTS THAT TEND TO TRIGGER THESE EMOTIONS.







• Current Emotions

WHAT STRATEGIES HAVE YOU USED TO COPE WITH THESE EMOTIONS?		
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HOW EFFECTIVE	ARE THE	SE STRATEGIES IN REGULATING YOUR EMOTIONS?
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WHAT SELF-SOOT	HING AC	TIVITIES CAN YOU ENGAGE IN TO REGULATE YOUR EMOTIONS?
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Personal Reflection



HOW DO YOUR EMOTIONAL EXPERIENCES IMPACT YOUR DAILY LIFE?
WHAT STEPS CAN YOU TAKE TO IMPROVE YOUR EMOTIONAL REGULATION SKILLS?
HOW CAN YOU APPLY THIS KNOWLEDGE TO FUTURE SITUATIONS?
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Interpersonal Effectiveness Scenarios





SCENARIO #1:

You have been asked to take on additional responsibilities at work, but you already have a full workload. Your coworker keeps asking you for help with their tasks, which is causing you stress and affecting your own performance.



SCENARIO #2:

You have planned a weekend getaway with your friends, but your family wants you to attend a family gathering on the same dates. You want to prioritize spending time with your friends, but you also don't want to disappoint your family.

RESPONSE AREA:		
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Interpersonal Effectiveness Scenarios





SCENARIO #3:

Your roommate often borrows your personal belongings without asking for permission. This has been causing tension and frustration between you two. You want to address the issue assertively and set boundaries.



SCENARIO #4:

You and your partner have different opinions on how to spend your free time together. You prefer staying in and relaxing, while your partner wants to go out and socialize. You need to find a compromise that satisfies both of your needs.

RESPO	RESPONSE AREA:			
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IMPLEMENTING

DBT Techniques



Tips for Therapists

- Start by explaining the concept of DBT and its benefits to the client.
- Teach mindfulness techniques to help clients become more aware of their emotions and thoughts.
- Encourage clients to practice DBT skills regularly and provide them with resources for further practice.

Adapting DBT

- Tailor the DBT exercises to meet the specific needs and preferences of each client.
- Modify the pace and intensity of the exercises based on the client's comfort level.
- Incorporate client feedback and adjust the exercises as necessary.

Additional Resources

- "DBT Skills Training Handouts and Worksheets" by Marsha M. Linehan
- "Dialectical Behavior Therapy Skills Workbook" by Matthew McKay, Jeffrey C.
 Wood, and Jeffrey Brantley
- Behaviorial Tech Institute. Behavioral Tech Institute. Published August 29, 2022.
 Accessed February 19, 2024. https://behavioraltech.org/
- The Linehan Institute DBT Changes Lives. Linehaninstitute.org. Published 2019. https://linehaninstitute.org/









Overview



Definition:

Motivational Interviewing (MI) is a counseling approach focused on helping clients find their motivation to change certain behaviors.

Key Principles:

Involves empathetic listening and helping clients explore and resolve their ambivalence about change

Applications:

Effective in addiction recovery, lifestyle change, and enhancing client engagement in therapy.







Exploring Ambivalence



EXAMPLE: YOU ARE CONSIDERING QUITTING SMOKING.

PROS OF CHANGE:	CONS OF CHANGE:	PROS OF NOT CHANGING:	CONS OF NOT CHANGING:
Improved health	Nicotine withdrawal	No need to break habits	Health risks associated with smoking
Fresh breath	Cravings	Less stress and pressure to quit	Negative impact on relationships

WHAT BEHAVIOR OR HABIT DO YOU WANT TO CHANGE?:

Pros of Change:	Cons of Change:	Pros of Not Changing:	Cons of Not Changing:
WHAT ARE THE BENEFITS OF MAKING THIS CHANGE?	WHAT ARE THE DRAWBACKS OF MAKING THIS CHANGE?	WHAT EVIDENCE CONTRADICTS THIS BELIEF?	WHAT COULD BE A MORE BALANCED BELIEF?







Exploring Ambivalence



WHAT BEHAVIOR OR HABIT DO YOU WANT TO CHANGE?:

Pros of Change:	Cons of Change:	Pros of Not Changing:	Cons of Not Changing:
WHAT ARE THE BENEFITS OF MAKING THIS CHANGE?	WHAT ARE THE DRAWBACKS OF MAKING THIS CHANGE?	WHAT EVIDENCE CONTRADICTS THIS BELIEF?	WHAT COULD BE A MORE BALANCED BELIEF?

Remember, this worksheet is designed to help you explore your own thoughts and feelings. Take your time and be honest with yourself as you weigh the pros and cons of changing a behavior.







Reflective Listening Activities



SCENARIO #1:	You are talking to a friend who recently lost thei				
	job and they are feeling discouraged.				

• GUIDELINE:

(Reflect back their thoughts and feelings to show understanding.)

REFLECTION	N:		

• SCENARIO #2:

You are having a conversation with a friend who is going through a difficult breakup.

• GUIDELINE:

(Show genuine interest and concern.)

REFLECTION:







Reflective Listening Activities



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You are speaking with a colleague who is expressing frustration with their workload and feeling overwhelmed.

• GUIDELINE:

(Avoid interrupting or offering immediate solutions.)

REFLECTION:

• SCENARIO #4:

A partner is sharing their excitement about a personal achievement.

• GUIDELINE:

(Demonstrate active listening and mirror their enthusiasm to show genuine interest.)

REFLECTION:





Building Motivation



This activity is designed to help you identify your personal values and goals, and to build motivation towards achieving them. It consists of self-reflection questions and prompts that will guide you through the process.

WHAT ARE YOUR CORE VALUES? WHAT BELIEFS ARE MOST IMPORTANT TO YOU?
WHAT DO YOU ENVISION FOR YOURSELF IN THE FUTURE?
HOW DO YOU DEFINE SUCCESS?
WHAT MOTIVATES YOU TO SUCCEED?

Building Motivation



WHAT ACTIONS CAN YOU TAKE TODAY TO MOVE CLOSER TO YOUR GOALS?
HOW CAN YOU STAY MOTIVATED AND FOCUSED ON YOUR JOURNEY?
WHAT SUPPORT SYSTEMS CAN HELP YOU ACHIEVE YOUR GOALS?

Take your time to reflect on these questions and prompts, and use them as a guide to build your motivation and clarify your values and goals.



IMPLEMENTING

MI Strategies



Tips for Therapists

When incorporating Motivational Interviewing (MI) into therapy sessions, therapists can follow these tips to enhance its effectiveness:

- Practice active listening and empathy to build a strong therapeutic alliance.
- · Use open-ended questions to encourage clients' exploration.
- Reflective listening can help clients gain insights and clarify ambivalence.
- Provide affirmations to support clients' strengths.
- · Elicit and reinforce clients' motivations and goals.

Overcoming Challenges

When incorporating Motivational Interviewing (MI) into therapy sessions, therapists can follow these tips to enhance its effectiveness:

- Show empathy and validate clients' feelings.
- Avoid arguments and explore reasons behind resistance.
- Help clients recognize the difference between current behaviors and desired goals.
- Collaboratively explore and resolve ambivalence by weighing pros and cons.
- Use change talk techniques to elicit and reinforce clients' motivation for change.

Additional Resources

For further reading and online resources on Motivational Interviewing (MI), consider the following:

- "Motivational Interviewing: Helping People Change" by William R. Miller and Stephen Rollnick
- "Motivational Interviewing in Health Care: Helping Patients Change Behavior" by Stephen Rollnick, William R. Miller, and Christopher C. Butler







Overview -

Definition:

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy approach that helps individuals process and heal from traumatic experiences. It uses bilateral stimulation, like eye movements or tactile stimulation, to reprocess traumatic memories and reduce emotional distress.

Emotional Freedom Techniques (EFT) combines traditional psychology and acupressure. It involves tapping on specific acupressure points while focusing on emotional distress or negative beliefs. EFT releases blocked energy and restores emotional balance, reducing emotional distress.

Key Principles:

Highlighting the importance of professional EMDR training and the self-help aspect of EFT.

Applications:

EMDR for trauma and PTSD; EFT for anxiety, stress, and emotional blockages.





EMDR Safe Place Visualization





Close your eyes and take a deep breath. Allow yourself to relax and let go of any tension in your body. Imagine yourself in a peaceful and secure environment.

You find yourself standing in a beautiful meadow, surrounded by vibrant flowers and tall, swaying grass. The sun is warm on your skin, and a gentle breeze brushes against your face. You can hear the calming sound of birds chirping in the distance.

Take a moment to explore your surroundings. Notice the colors, the smells, and the sounds. Feel the softness of the grass beneath your feet. Take a deep breath and inhale the fresh, clean air.

As you continue to explore, you come across a serene lake. The water is clear and inviting. You walk towards the edge of the lake and dip your toes in the cool water. Feel the refreshing sensation as it ripples around your feet.

Find a comfortable spot near the lake. It could be a cozy blanket or a comfortable chair. Take a moment to settle in and feel completely at ease.

Look around you and notice any special features of this safe place. It could be a beautiful tree, a peaceful waterfall, or a magical garden. Take a moment to appreciate the beauty and tranquility of your surroundings.

This is your safe place. A place where you can feel completely calm and secure. It is always here for you, whenever you need to escape from the outside world and find peace within yourself.



Instructions for Therapists



- Begin by explaining the purpose of the EMDR Safe Place Visualization to your client.
- Guide your client through the guided imagery script, allowing them to visualize their safe place.
- Encourage your client to engage all their senses and fully immerse themselves in the experience.
- After the visualization, provide your client with the reflection area and ask them to describe their safe place and the emotions associated with it.
- Use the reflection area as an opportunity for further discussion and exploration of their feelings and experiences.







Reflection Area



 Describe your safe place in d 	detail.
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- 2. How does being in this safe place make you feel?
- 3. Are there any specific memories or experiences that come to mind when you think about your safe place?

4. How does having a safe place impact your overall well-being and resilience?

Take your time to reflect on these questions and write down your thoughts and feelings above.

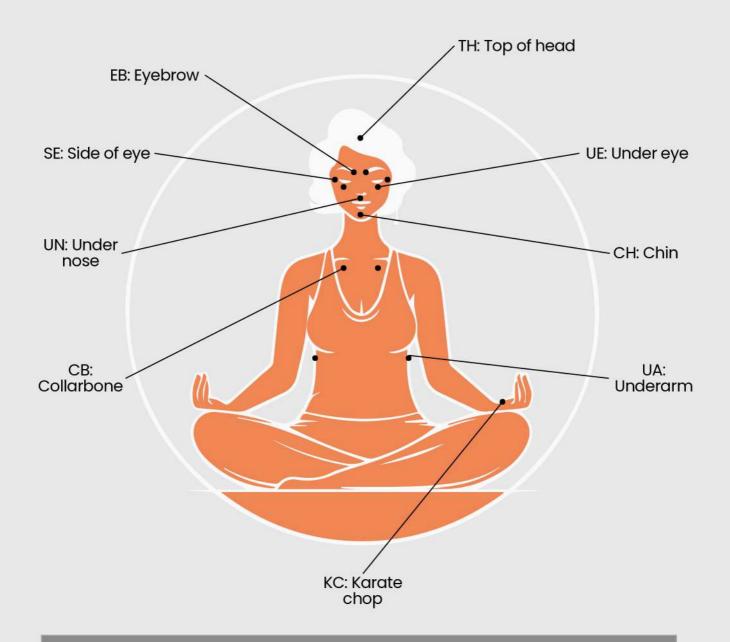
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EFT Tapping Guide





Each point should be tapped gently using your fingertips while focusing on the specific issue you want to address.



Tapping Scripts:



Stress:

- Even though I feel stressed, I deeply and completely accept myself.
- Even though I have this stress in my body, I choose to relax and let it go.
- Even though I'm overwhelmed with stress, I choose to find peace within myself.

Anxiety:

- Even though I feel anxious, I deeply and completely accept myself.
- Even though I have this anxiety, I choose to feel calm and grounded.
- Even though I'm overwhelmed with anxiety, I choose to trust in my ability to handle it.

Sadness:

- Even though I feel sad, I deeply and completely accept myself.
- Even though I have this sadness, I choose to embrace my emotions and heal.
- Even though I'm overwhelmed with sadness, I choose to find joy and peace in my heart.







Practice Area



Before Tapping:

- How do you currently feel?
- · What emotions are you experiencing?

•	Rate the intensity of your emotions on a scale of 1-10.

After Tapping:

- · How do you feel now?
- Did any emotions shift or change?
- Rate the intensity of your emotions on a scale of 1-10.

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Take your time and reflect on your experiences during and after tapping.

Note any insights or changes you observe.







IMPLEMENTING

EMDR & EFT



Tips for Therapists

When implementing EMDR and EFT techniques in therapy, it is crucial for therapists to have proper training and certification. These techniques require specialized knowledge and skills to ensure safe and effective treatment. Therapists should prioritize attending accredited training programs and staying updated with the latest research and best practices in EMDR and EFT.

Adapting EFT

Every client is unique, and their specific issues and challenges may require customized approaches in EFT therapy. Therapists should be prepared to adapt EFT scripts and techniques to suit the individual needs of their clients. This may involve modifying the language, incorporating specific client goals, or targeting different aspects of the issue. Flexibility and customization are key to maximizing the effectiveness of EFT.

Additional Resources

For a deeper exploration of EMDR and EFT, here are some recommended resources:

- Book: "Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy" by Francine Shapiro
- Book: "EMDR: The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma" by Francine Shapiro
- Website: EFT Universe (<u>www.eftuniverse.com</u>)









Overview -

Definition:

Trauma-Focused Therapy is an evidence-based approach that aims to help individuals who have experienced trauma. It focuses on addressing the emotional and psychological impact of trauma and helps individuals develop coping skills and resilience. This therapy typically involves creating a safe and supportive environment, providing education about trauma and its effects, and using specific techniques to process and heal from traumatic experiences.

Key Principles:

Overview of grounding techniques, narrative therapy, and cognitive restructuring.

Applications:

Useful for clients with PTSD, trauma history, and related emotional difficulties.





Grounding Techniques



Here are some simple grounding exercises that can help you stay present and grounded during times of distress. Follow the guidance provided for each technique:

Deep Breathing:

Take slow, deep breaths in through your nose, and exhale slowly through your mouth. Focus on the sensation of your breath entering and leaving your body.

• 5-4-3-2-1 Technique:

Look around your environment and identify:

- 5 things you can see
- · 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Grounding Objects:

Hold onto a small object that has a comforting or pleasant texture. Pay attention to how it feels in your hand and focus on the present moment.









• Body Scan:

Starting from your toes, slowly move your attention up through your body. Notice any areas of tension or discomfort, and consciously release the tension as you move your attention upward.

Counting:

Count backwards from 100, subtracting a specific number (e.g., 7) each time. Focus on the numbers and the pattern as you count.



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Remember, practicing these grounding techniques regularly can help you stay present and grounded during distressing moments.





Reflection Space



Take a moment to reflect on your experiences and the effectiveness of the grounding techniques you have practiced. Use the space below to answer the following questions:

WHICH GROUNDING TECHNIQUE(S) DID YOU FIND MOST HELPFUL?
HOW DID YOU FEEL BEFORE AND AFTER PRACTICING THESE TECHNIQUES?
DID YOU NOTICE ANY CHANGES IN YOUR LEVEL OF DISTRESS OR ANXIETY?
ARE THERE ANY OTHER TECHNIQUES YOU WOULD LIKE TO EXPLORE?



Trauma Narrative Worksheet



The Trauma Narrative Worksheet is designed to assist clients in safely recounting and processing their traumatic experiences. It provides guided prompts for writing a trauma narrative in a controlled and therapeutic manner.

Guided Prompts

(Use the following guided prompts to write your trauma narrative:)

- 1. Begin by describing the specific traumatic event or series of events.
- 2. Include details about the people involved, the location, and the time frame.
- 3. Reflect on the thoughts and emotions you experienced during the traumatic event(s).
- 4. Describe any physical sensations or bodily reactions you remember.
- Explore the impact the trauma has had on your life, relationships, and overall well-being.
- Consider any coping mechanisms or support systems that have helped you navigate the aftermath of the trauma.
- Reflect on any lessons learned or personal growth that has occurred as a result of your experience.







Safety Tips



To ensure a safe and supportive environment during the trauma narrative process, therapists should:

- Establish a strong therapeutic alliance and build trust with the client.
- Create a safe physical and emotional space for the client to share their experiences.
- Provide ongoing validation and empathy throughout the narrative process.
- Respect the client's boundaries and pace the narrative based on their readiness.
- Offer coping strategies and grounding techniques to manage any distress that may arise.
- Encourage self-care and provide resources for additional support outside of therapy sessions.

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Remember, the Trauma Narrative Worksheet is a tool to support your healing journey. Take your time and seek guidance from your therapist if needed.





Trauma Narrative Worksheet





Cognitive Restructuring for Trauma



Exercise

In this exercise, we will explore techniques for identifying and challenging negative thoughts related to trauma. By reframing these thoughts in a more balanced and realistic way, we can work towards healing and recovery.

IDENTIFY NEGATIVE THOUGHTS:

Take a moment to reflect on the traumatic event or experience. What negative thoughts come to mind? Write them down in the worksheet section below.

CHALLENGE NEGATIVE THOUGHTS:

Once you have identified the negative thoughts, ask yourself the following questions:

- Are these thoughts based on evidence or distorted perceptions?
- · What alternative explanations or perspectives can you consider?
- How would you respond to a friend who had these thoughts?

REFRAME NEGATIVE THOUGHTS:

Using the worksheet section below, reframe each negative thought into a more balanced and realistic statement. Focus on replacing irrational or unhelpful beliefs with thoughts that promote healing and growth.







Worksheet



Traumatic Beliefs:	Reframed Thoughts:

EXAMPLE:

TRAUMATIC BELIEFS:	REFRAMED THOUGHTS:
I am completely broken and damaged.	I have been through a challenging experience, but I am resilient and capable of healing.







IMPLEMENTING

Trauma-Focused Therapy



Tips for Therapists

When implementing trauma-focused therapy, create a safe and empathetic space for clients. Establish trust and a strong therapeutic alliance. Show genuine empathy and validate their experiences. Encourage open communication and reassure clients that their emotions and reactions are valid. This safe environment will help clients explore and process their traumatic experiences.

Adapting EFT

Trauma therapy presents challenges for therapists and clients, including avoidance, emotional overwhelm, and regulating emotions. To address avoidance, encourage clients to face their fears and gradually expose themselves to traumarelated memories or triggers. Teach relaxation techniques and coping skills for emotional overwhelm. Develop a personalized self-care plan to promote emotional regulation and resilience. Collaborate with clients and provide ongoing support to overcome these challenges.

Additional Resources

If you are interested in further learning about trauma-focused therapy, here are some recommended books and websites:

- Book: "The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma" by Bessel van der Kolk
- Book: "Trauma and Recovery. The Aftermath of Violence From Domestic Abuse to Political Terror" by Judith Herman
- Website: National Child Traumatic Stress Network (NCTSN) www.nctsn.org











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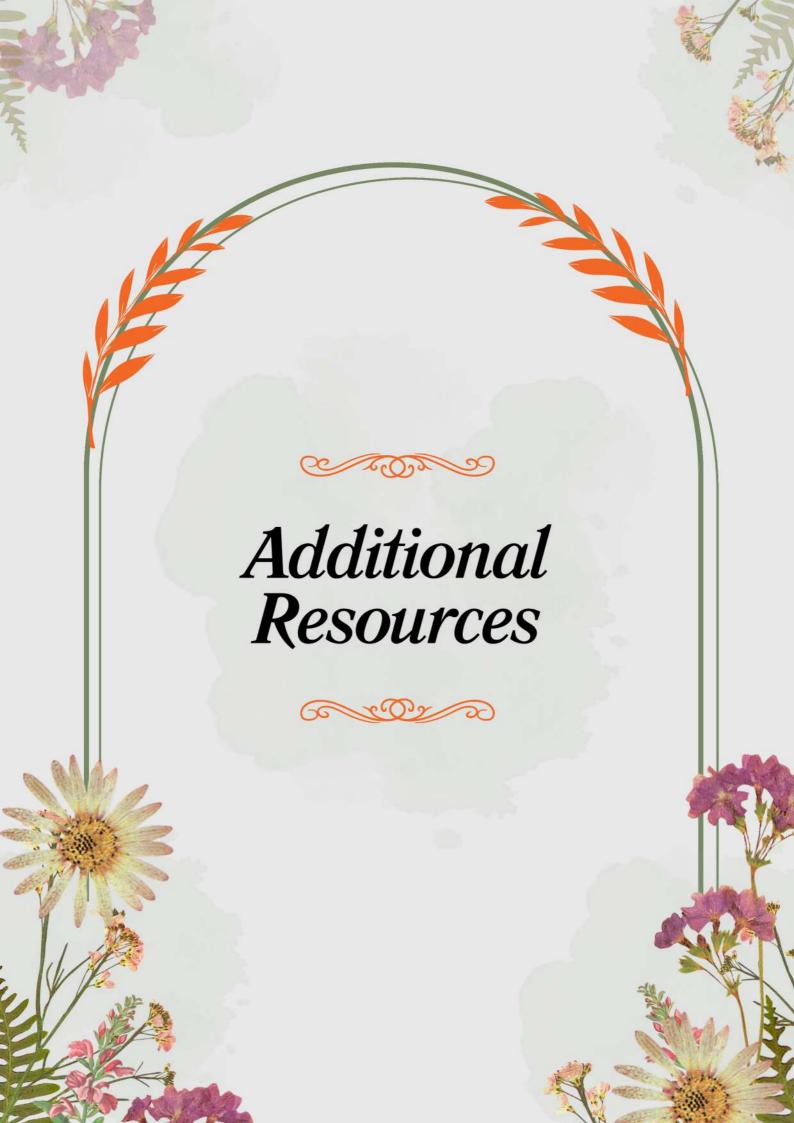
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Additional Resources



(CURATED LIST OF RESOURCES)

BOOKS:

Cognitive Behavioral Therapy (CBT)

- "Feeling Good: The New Mood Therapy" by David D. Burns
- "Cognitive Behavior Therapy: Basics and Beyond" by Judith S. Beck

DIALECTICAL BEHAVIOR THERAPY (DBT)

- "DBT Skills Training Handouts and Worksheets" by Marsha M. Linehan
- "Dialectical Behavior Therapy Skills Workbook" by Matthew McKay, Jeffrey C. Wood, and Jeffrey Brantley

MOTIVATIONAL INTERVIEWING (MI)

- "Motivational Interviewing: Helping People Change" by William R. Miller and Stephen Rollnick
- "Motivational Interviewing in Health Care: Helping Patients Change Behavior" by Stephen Rollnick, William R. Miller, and Christopher C. Butler

EMDR & EFT

- "Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy" by Francine Shapiro
- "The EFT Manual" by Gary Craig

TRAUMA-FOCUSED THERAPY

- "The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma" by Bessel van der Kolk
- "Trauma and Recovery: The Aftermath of Violence From Domestic Abuse to Political Terror" by Judith Herman







WEBSITES:

Cognitive Behavioral Therapy (CBT)

- ABCT Association for Behavioral and Cognitive Therapies. (2024). Home ABCT
 Association for Behavioral and Cognitive Therapies. Available at. https://www.abct.org/
- Beck Institute. (2024). Beck Institute Home. Available at: https://beckinstitute.org/

DIALECTICAL BEHAVIOR THERAPY (DBT)

- Behavioral Tech Institute. (2022). Home Page Behaviorial Tech Institute. Available at: https://behavioraltech.org/
- Therapytribe.com. (2024). Find A Therapist TherapyTribe. Available at. https://www.therapytribe.com/

MOTIVATIONAL INTERVIEWING (MI)

- Motivationalinterviewing.org. (2024). Welcome to the Motivational Interviewing Website! | Motivational Interviewing Network of Trainers (MINT). Available at. https://motivationalinterviewing.org/
- SAMHSA The Substance Abuse Mental Health Services Administration. (2024).
 SAMHSA Substance Abuse and Mental Health Services Administration.
 Available at: https://www.samhsa.gov/







EMDR & EFT

- EMDR International Association (2024). Virtual EMDR Basic Training by Kase & CO. EMDR International Association. Available at: https://www.emdria.org/
- Iceeft.com. (2024). ICEEFT The International Centre For Excellence In Emotionally Focused Therapy. Available at: https://iceeft.com/

TRAUMA-FOCUSED THERAPY

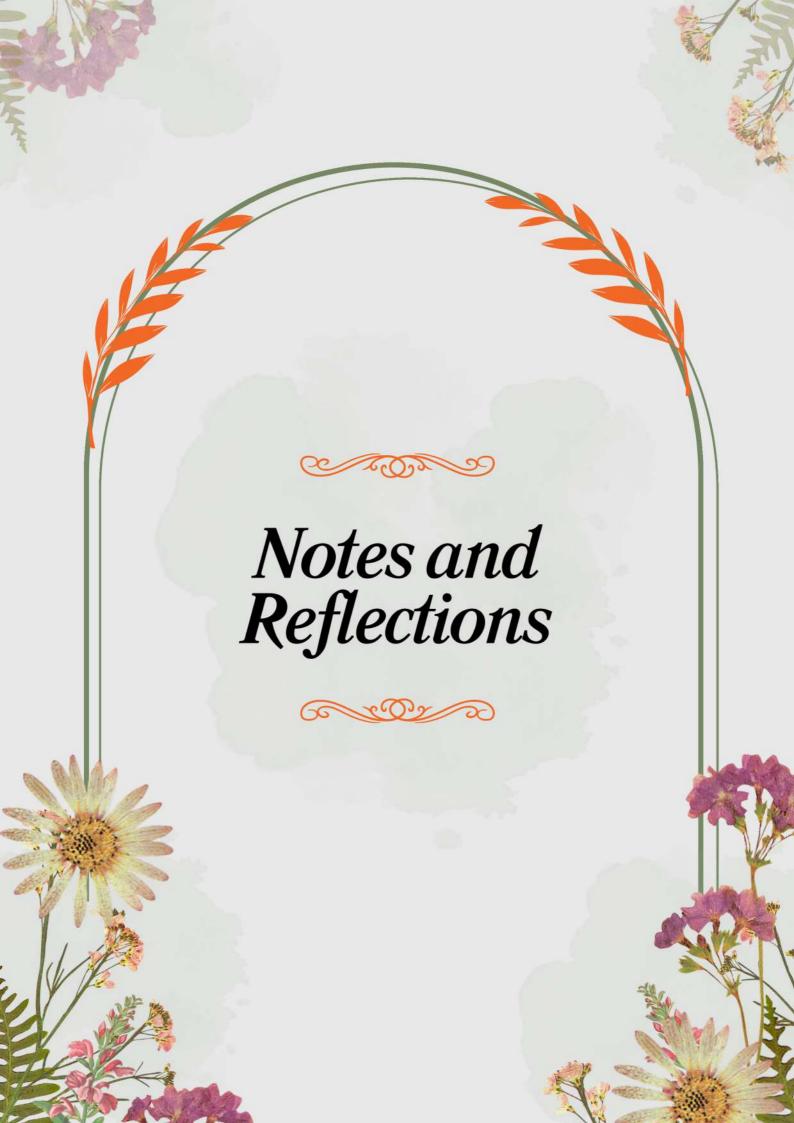
- The National Child Traumatic Stress Network. (2024). The National Child Traumatic Stress Network. Available at: https://www.nctsn.org/
- EMDR Institute (2015). Welcome to EMDR.com EMDR Institute EYE MOVEMENT DESENSITIZATION AND REPROCESSING THERAPY. Available at: https://www.emdr.com/

APPS:

Here are some useful mobile applications for therapy practice and client management:

- T2 Mood Tracker
- Calm
- Headspace
- Sanvello





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