

STANDARD PROTOCOL TREATMENT PLANNING WORKSHEET

PRESENTING COMPLAINT:

“Let’s talk about your addiction. How do you feel about the addiction? How do you feel about yourself as an addict? Tell me more about it.” (Listen for themes, significant related events, etc.)

RECENT EXAMPLE OF PRESENTING COMPLAINT:

“What recent experience have you had that represents this issue?”

“What other recent experiences have you had that represent this issue?”

PAST EXPERIENCES:

Direct Questioning. Ask: *“When you think about these recent events, what’s your belief about yourself? Your emotions? Any physical sensations? When have you felt this way before?”* Write down each memory along with the age when it occurred (in the table below).

Then use one of the two following techniques to identify other past experiences:

Float Back Technique

As you focus on this recent experience, what is the image that represents the worst part for you as you think about it now? (Write it down here.)

What negative belief are you having about yourself? (Write it down here.)

What are the emotions? (Write it down here.)

What are the sensations? (Write it down here.)

Focus on the image, the negative belief about yourself, the emotions and sensations you're experiencing right now, and just let your mind float back to an earlier time when you may have felt this way before and just notice what comes to mind.

- Write down each memory along with the age when it occurred. Identify the first and the worst (ask the client to identify the worst).
- Repeat float back instructions after each experience the client identifies until the client does not access any more associations.

Anything else? Continue to scan back and notice what else emerges.

- Ask client to identify the worst memory. First is identified by the client's earliest memory associated with feeling this way.

Affect Scan Technique (if client cannot identify a negative cognition)

As you focus on this recent experience, what is the image that represents the worst part for you as you think about it now? (Write it down here.)

What are the emotions? (Write it down here.)

What are the sensations? (Write it down here.)

Focus on the image, the emotions and sensations you're experiencing right now, and just let your mind scan back to an earlier time when you may have felt this way before and just notice what comes to mind.

- Write down each memory along with the age when it occurred.

Anything else? Continue to scan back and notice what else emerges.

- Repeat float back instructions after each experience the client identifies until the client does not access any more associations. Identify the first and the worst (ask the client to identify the worst).

WRITE DOWN THE CLIENT'S MEMORIES ON THE NEXT PAGE.

WRITE DOWN CLIENT'S MEMORIES HERE:

Age	Past Experiences	First? Worst?

CURRENT TRIGGERS:

“What other situations, people or places in your life now bring up these negative reactions?”

FUTURE GOALS:

“How would you like to be able to handle these situations (the current triggers) in the future?”
