## Reprocessing Plan

|  |  |  |  |
| --- | --- | --- | --- |
| Name: |       | **Date Started:** |       |
|  |  | **Date Completed:** |       |

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

*Place this Presenting Issue in the grey box on 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 grey 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.

***Past Prong***

***Past Memories:***

*You can Add lines by Right Clicking on any line, choose Insert > choose Insert Row Above or Below.*

*You can Delete a row by Right Clicking a row > Choose Delete Cells > Choose Delete Entire Row.*

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

|  |  |  |
| --- | --- | --- |
| ***Date******Completed******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 Add lines by Right Clicking on any line, choose Insert > choose Insert Row Above or Below.*

*You can Delete a row by Right Clicking a row > Choose Delete Cells > Choose Delete Entire Row.*

|  |  |  |
| --- | --- | --- |
| ***Date Completed******SUDS & VOC*** | ***Present Trigger*** | ***Recent Experience (Specific Memory) of this Present Trigger***Use only 1-10 words that will remind your 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).

*You can Add lines by Right Clicking on any line, choose Insert > choose Insert Row Above or Below.*

*You can Delete a row by Right Clicking a row > Choose Delete Cells > Choose Delete Entire Row.*

*“How would you like to handle this situation in the future?”*

|  |  |  |
| --- | --- | --- |
| ***Date******Completed*** | ***Present Trigger*** | ***Future Scenario***Just use a couple of words to describe. |
|  |  |  |
|  |  |  |
|  |  |  |