

## CASE CONSULTATION FORM

From: Greenwald, R. (2007). EMDR Within a Phase Model of Trauma-Informed Treatment. New York: Haworth. Adapted by Kathryn Kirkpatrick

**CLIENT NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### SUMMARIZE (2 minutes)

<p><b>INCLUDE:</b>          age/gender          family status/situation          school/work/living situation/status          presenting problem(s)          symptoms w/ details          treatment history –              # of sessions          nature of work interventions          who’s involved</p>	<div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div>
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### CASE FORMULATION (Fairy Tale Model)

<p><b>STRENGTHS/ RESOURCES</b>          (Once upon a time...)</p>	<div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div>
<p><b>TRAUMA/LOSS HISTORY</b>          (Then the dragon...)</p>	<div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div>
<p><b>LEADING TO...</b>          Negative Beliefs -           Piled-up Feelings -</p>	<div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div>
<p><b>TRIGGER EVENT(S)</b>          Give recent examples of incidents that have triggered this client, bringing back the intolerable negative beliefs and piled-up feelings</p>	<div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div>
<p><b>THEME</b>          Describe the theme or pattern of the client’s trigger(s)</p>	<div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div>
<p><b>SOLUTION BEHAVIOR</b>          Describe the behavior the client uses to try to get rid of the above beliefs &amp; feelings</p>	<div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div> <div style="border-top: 1px dashed black; border-bottom: 1px dashed black; height: 15px; width: 100%;"></div>

**CONSULTANT'S QUESTIONS/FEEDBACK/SUGGESTIONS**

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# CHECKLIST FOR TRAUMA-INFORMED TREATMENT – SCRIPTS AND INTERVENTIONS

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NAME: \_\_\_\_\_

## FAIRY TALE MODEL STAGE OF TREATMENT-----EMDR PROTOCOL

### EVALUATION-----PHASE 1 – CLIENT HISTORY AND TREATMENT PLANNING

DONE	NA	
		Acculturation: purpose of treatment, treatment activities
		Rules/expectations/agreements
		Rapport/trust-building

#### ONCE UPON A TIME...

		Strengths/resources, internal and external <b>(THE KNIGHT AND THE KINGDOM)</b>
		History of functioning and problem development

#### THE DRAGON

		Trauma/loss history (then deep breathing, then best things)
		Float-back (in certain circumstances)

#### THE PRINCESS

		Motivational interviewing/goal setting
		Long-term goals (especially for teens & adults); shorter-term goals, too <b>(THE PRINCESS)</b>
		Practical steps to get from here to there
		What the bad ending would look like
		Strengths/resources in support of goals
		Obstacles to achieving the good ending
		Trauma-informed case formulation & psycho-education (before or after the Princess)
		Treatment Contract (this is Case Formulation + Princess)
		Trauma-relevant treatment contracting <b>(FENCE AROUND, PERSONAL TRAINING, SLAY THE DRAGON)</b>

### SAFETY, STABILIZATION, SKILL-BUILDING, STRENGTH-BUILDING-----PHASE 2 – PREPARATION

#### FENCE AROUND

		Case management re safe housing, reliable medical care, appropriate educational placement, etc.
		Parent training for increased household routine, consistent/supportive discipline, etc.
		Avoiding/preventing dangerous situations
		Controlling/limiting bullying and other abuse
		Avoiding "high-risk" situations including trigger/sore-spot situations when possible

#### PERSONAL TRAINING

		Safe Place, Deep Breathing for self-soothing/calming
		Resource Development & Installation
		Use resources in Future Templates (imaginal rehearsal)
		Self-management training for anxiety – thought-stopping, self-talk, etc.
		In-vivo exposure to overcome fears
		Map Out a Problem/Choices Have Consequences for control of behaviors
		Tease-Proofing (imaginal rehearsal) for reducing reactivity to provocation
		Incentive system for habit improvement

