**Outline of Emotional Processing Therapy** **for PTSD.**

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| **Emotional Preparation** | **Sessions 1-3** | **Exploring individuals’ typical emotional processing style**• *Understanding their current emotional processing style**• How they typically deal with stressors and how they have dealt with trauma in the past**• General exploration of the problem of avoiding/suppressing emotional event**• Use of the Emotional Processing Scale to highlight areas of Emotional Processing deficits**• Exploring their family emotional processing styles & linking these with their own styles**• The relationship between PTSD symptoms and emotional processing styles**• Exploring implications of being more emotionally open and the impact this may have on family* |
| **Practising a more open emotional processing style***• Expressing non-trauma related thoughts and feelings to partner/friends/therapist**• Encourage the expression of emotion through written homework between sessions**• Direct towards self-help literature on emotional processing or PTSD specifically**• Encourage feedback on sharing and self-help reading* |
| **Practical preparation for Prolonged Exposure***• Plan what they would have to do to process emotions**• Discuss prolonged exposure therapy in relation to emotional processing**• Explain the necessity of facing emotional pain**• Practical preparations for its impact on self & family**• Ascertain readiness to start and encourage continuation of sharing emotions more generally* |
| **First stage of Prolonged Exposure** | **Session 4** | **Prolonged Exposure***• Detailed retelling of event**• Debriefing discussing emotions experienced during exposure* |
| **Sessions 5-8** | **Prolonged Exposure*** *Ascertain degree of emotional distress about memories of the trauma between sessions*

*• Repeating the event in detail**• Engage sensory aspects of memory, e.g. visual, auditory, kinaesthetic, olfactory**• Recall the event silently in real time**• Debriefing about emotional experience during exposure**• Homework exercises include writing about the trauma to be recalled verbally in the following session* |
| **Second stage of Prolonged Exposure** | **Sessions 9-12** | **Prolonged Exposure*** *Ascertain degree of emotional distress about memories of the trauma between sessions*

*• Repeat event concentrating on most distressing points**• Discuss secondary reactions such as anger, lack of forgiveness, guilt, shame**• Schedule sessions to leave longer intervals**• Repeat those sections of the accident where emotional issues still exist** *Debrief about emotional experiences during exposure*

*• Ascertain to what degree they are using a more open emotional processing style in their everyday life** *Discuss emotional processing for future stress and trauma*
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