**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* |