



## **B.P.R. Therapy, Mediation & Coaching Services**

---

### **Homework**

Below is a list of homework assignments to be completed after the stated session. It is highly recommended that you purchase a journal to keep track of homework assignments, homework successes and barriers, documenting plans and topics you'd like to bring up in therapy.

---

#### **Acclimation to the Therapeutic Process**

**Session #1:** (a) Please read the section “Welcome to Your Therapeutic Journey” located on the *Therapy Information Page* in the drop-down menu by scrolling over the *Library* tab.

(b) Please think about your most pressing stressor, its frequency, context in which it occurs, pattern of how it develops.

(c) Please sign the “Statement of Understanding” and “Notice of Privacy Practices” forms.

**Session #2:** (a) Please read the sections “Therapeutic Approach” and the “Success in Therapy” sections located on the *Therapy Information Page* in the drop-down menu by scrolling over the *Library* tab. Please complete the *Therapy Assessment*.

**Session #3:** (a) Please read the sections “Homework” located on the *Therapy Information Page* in the drop-down menu by scrolling over the *Library* tab.

(a) Please skim through the “Library” using the *Library* tab.

**Session #4:** (a) Please read the sections “Choose Your Therapy” located on the *Therapy Information Page* in the drop-down menu by scrolling over the *Library* tab.

#### **Stabilization, Safety & Self Soothing Planning**

**Session #5:** Please reread the section “Success in Therapy” in its entirety

**Session #6:** Please review stabilization plan and *Safety Plan* link.

**Session #7:** Please review safety plan and *Self Soothing* plan link

**Session #8:** Please review self-soothing plan

## **Treatment Planning**

**Session #9:** Please review *treatment plan* located on the drop-down tab titled “Therapy Information Page” under the “Library” tab. Look under the “Welcome to Your Therapeutic Journey” Section.

**Session #10:** Please review treatment plan

**Session #11:** Please review treatment plan

**Session #12:** Please review treatment plan

## **Trauma and Recovery**

**Session #\_\_:** Please read first section on the “Trauma” tab

**Session #\_\_:** Please read the second section on the “Trauma” tab

**Session #\_\_:** Please read the third section on the “Trauma” tab

**Session #\_\_:** Please read the fourth section on the “Trauma” tab

**Session #\_\_:** Please read the fifth section on the “Trauma” tab

**Session #\_\_:** Please read the sixth and seventh section on the “Trauma” tab

**Session #\_\_:** Please read the eight section on the “Trauma” tab

**Session #\_\_:** Please review the Attachment link.

**Session #\_\_:** Please review the Maslow Hierarchy of Needs link.

**Session #\_\_:** Please review the *self-compassion* and the third section on the “Trauma” tab

**Session #\_\_:** Please review complete the self-care assessment.

**Session #\_\_:** Please review the *obsessed with perfectionism* link

**Session #\_\_:** Please review the *education* link

**Session #\_\_:** Please review the *boundaries* link

**Session #\_\_:** Please review the mindfulness link

**Session #\_\_:** Please review the self-soothing link