



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

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### **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.

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

The acclimation to the therapeutic process also includes decreasing immediate stress as well as completing assessments.

**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," "Notice of Privacy Practices" and "credit card auth. forms."

(d) Please review the "About" tab and the Oprah 60 min video located on the home page. You may want to prepare questions to get to know your therapist better such as "what made you want to become a therapist," "why focus on trauma" or "how long have you been practicing?"

(e) Please complete "the medication list," the "adult outcome questionnaire" and if you have a minor being seen between the ages of 11-17, they will need to complete the "youth outcome questionnaire" and the parent will need to complete the "DSM-5 Parent/Guardian-Rated Symptom Measure" located under the tab "Services" then click on "therapy services," scroll down to the bottom and look for Initial Paperwork.

Next Session: Your therapist will be gathering some basic background information from you and having you complete authorization to disclose form for other professionals who you would like for your therapist to be in contact with regarding your treatment.

**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*.

(b) Each participant, please complete the "stabilization assessment" and "trauma recovery scale."

Next Session: You will be completing a mental status exam and defining initial treatment

goals. You will also be reviewing safety planning and self-soothing planning

**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.

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

(c) Each adult, please complete the DSM-5 Self-Rated Symptom Measure for Adults and minor children between the ages of 11-17 will need to complete the DSM-5 Self-Rated Symptom Measure for Youth”

Next session: Your therapist will be collecting more detailed background information. Answering questions quickly and concisely is best. Your diagnosis will be discussed as well.

**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.

(b) Please discuss, in your family, who would be available to participate in the next session For the family assessment. Be advised that the family assessment may take more the one session.

Next session: The family assessment will be taking place in the next session or two.

Sessions #5 - #8: Family Traumatic Context Assessment

### **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

### **Standard Homework Assignments to be Complete Over the Course of Therapy**

Sociogram

Ecomap

Lifetime Line

FACES Assessment

Family Profile

Resiliency Scale

Self-Compassion Assessment

MAIA2