



Post Traumatic Stress Disorder

Designed for child suffering from post-traumatic stress disorder.

Introduction

- Establish rapport.
- Establish general subject of the problem, (e.g car crash, fire, or the time when you were hurt). Important to avoid re-traumatising the child by getting him or her to recount all the details.

Input

- EFT with positive affirmation script to enable to child to acknowledge the problem and accept feelings.
- Use of timeline - identifying resources and moving on from the incident.
- Use of cinema technique replay, disassociate from harmful experiences, reduce intensity of negative feelings and replay with a preferred ending.

Future Pacing

- Use of timeline to project into the future new behaviours, beliefs and attitudes.