

Collaborative Stages of Treatment

Stage 1: CREATING A CONTEXT FOR CHANGE

- Level 1*
- A. Creating a safe Therapeutic Relationship – Safety both Inside and Outside of the office
 - 1. Safety Plan
 - 2. Psychoeducation about Model, Treatment, Cycle, etc.
 - B. Pretreatment Planning & Treatment Planning
 - C. Contextual Assessment
 - 1. Vulnerability Factors
 - 2. Resiliency Factors
- Level 2*
- A. Negative and Positive Consequences of Change
 - B. Introduction to symptom reduction interventions
 - C. Address Denial
- Level 3*
- A. Goal Setting
 - B. Pre-Acknowledgement Sessions
 - C. Acknowledgement Sessions-centered on Facts & Responsibility

Stage 2: CHALLENGING PATTERNS AND EXPANDING REALITIES

- Level 1*
- A. Patterns and Exceptions Identified and Mutually Agreed
 - 1. Review of Stage I
 - 2. Identify Old Patterns & Challenge Them
 - 3. Continuing to address forms of Denial
 - 4. Determine Therapeutic Process
- Level 2*
- A. Alternate Realities and Behaviors Mutually Explored
 - 1. In and out of session tasks and enactments
 - 2. Negative Behavior Cycle and or Victim/Survivor Cycle
 - 3. Imaging Alternatives
 - 4. Symptom Reduction Interventions
 - 5. Reintegration Plan – development and implementation
- Level 3*
- A. Acknowledgement Sessions – centered on Impact

Stage 3: CONSOLIDATION

- Level 1*
- A. Punctuate Changes/Reunification
 - 1. Lifestyle Changes
 - 2. Integrating Changes
- Level 2*
- A. Relapse Prevention/Looking at future problem areas
- Level 3*
- A. Acknowledgement: Change - Changes