

## **Phase 1 History Taking (For Practicum & Initial Learning)**

Ask partner for some general information about themselves to allow for rapport building in the practicum experience (5 minutes):

What are some of your strengths, assets, and resources?

*\*An alternate way to ask is "What are the things you have going for you, both internal and external?"*

What do you want to work on during this practicum?

*\*Specific memories or general themes are both workable for practicum*

What would you like to get out of doing this work? (e.g, goals and outcomes)

## Target Selection

It is not important that we go through a detailed, chronological history. For many people, recounting a detailed history may be impossible until you've processed certain memories or you may not feel ready for it right now. Are there any **themes** you can identify related to your presenting issue(s) that seem to be keeping you stuck right now?

### **I. Presenting Issue:**

#### **A. Theme:**

##### 1. *Negative Cognition:*

- a. First floatback memory:
- b. Worst floatback memory:
- c. Most recent floatback memory:

##### 2. *Negative Cognition:*

- a. First floatback memory:
- d. Worst floatback memory:
- e. Most recent floatback memory:

##### 3. *Negative Cognition:*

- a. First floatback memory:
- b. Worst floatback memory:
- c. Most recent floatback memory:

- In practicum we only expect you to work on one presenting issue. In clinical practice you may use as many of these worksheets as needed to work on other presenting issues.
- Use the negative cognitions list on the opposite page to help you

**The “Greatest Hits” List of Negative Cognitions for Target Selction**  
Developed by Jamie Marich, Ph.D. (May be duplicated for use in clinical settings)

Responsibility

I should have known better.  
I should have done something.  
I did something wrong.  
I am to blame.  
I cannot be trusted.

Safety

I cannot trust myself.  
I cannot trust anyone.  
I am in danger.  
I am not safe.  
I cannot show my emotions.

Choice

I am not in control.  
I have to be perfect/please everyone.  
I am weak.  
I am trapped.  
I have no options.

Power

I cannot get what I want.  
I cannot handle it/stand it.  
I cannot succeed.  
I cannot stand up for myself.  
I cannot let it out.  
I am powerless/helpless.

Value

I am a bad person./ I am terrible.  
I am permanently damaged.  
I am defective.  
I am worthless/inadequate.  
I am insignificant.  
I am not important.  
I deserve to die.  
I deserve only bad things.  
I am stupid.  
I do not belong.  
I am different.  
I am a failure.  
I am ugly.  
My body is ugly.  
I am alone.

**How to Use:**

- Have your client check off any negative beliefs that they may still hold in the present, especially those that go along with the presenting issue they have chosen.
- If more than 3 are checked, have them go over the list again and see if they can rank (1, 2, 3) the “hottest” or “most charged” beliefs.
- Once identified, ask them three floatback questions and document on facing page (use this wording):

*a. Looking back over the course of your life, when is the **first** time you believed...  
(e.g., I am...; I cannot...; I do not...)*

*b. Looking back over the course of your life, when is the **worst** time you believed...*

*c. Looking back over the course of your life, when is the **most recent** time you believed...*

SCRATCH NOTES: