Phase 1 History Taking (For Clinical Use)

Background: Intake information already used in your clinical setting, initial rapport building, obtaining client’s understanding of trauma and basic psychoeducation on trauma):

What are some of your strengths, assets, and resources (i.e., things you have going for you, both internal and/or external)?

What do you want to work on? (i.e., presenting problem): Specific memories or general themes are both workable.

What would you like to get out of doing this work? (e.g, goals/outcomes)
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 that have been issues in your life that seem to be keeping you stuck right now? 

**Theme 1**

Negative Cognition:

- First floatback memory:
- Worst floatback memory:
- Most recent floatback memory:

**Theme 2**

Negative Cognition:

- First floatback memory:
- Worst floatback memory:
- Most recent floatback memory:

**Theme 3**

Negative Cognition:

- First floatback memory:
- Worst floatback memory:
- Most recent floatback memory:

**NOTE:** Use the negative cognitions list on the opposite page to help you