

**Phase 1
History
Taking**

**Phase 2
Preparation
/Resourcing**

**Phase 3
Assessment**

**Phase 4
Desensitization**

**Phase 5
Installation**

**Phase 6
Body Scan**

**Phase 7 Re-
evaluation**

**Phase 8
Closure**

Phase 1 History Taking



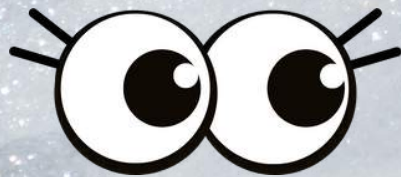
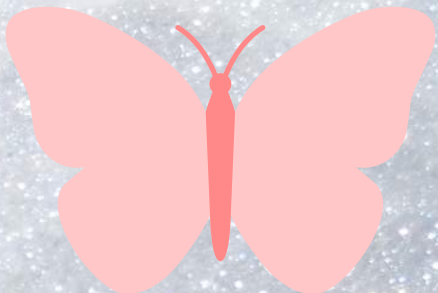
Phase 2 Resourcing

Calm/Comfortable Place



Container

Bilateral Stimulation



Phase 3 Assessment



| | |
|--|--|
| I can help myself  | I can ask for help  |
| I have choices now  | I can trust myself  |
| I am bad  | There is nothing good about me  |
| I can't be loved  | I am not good enough  |
| I can only have bad things  | I am ugly  |

If the butterfly is your good thought...

THE THOUGHT SCALE



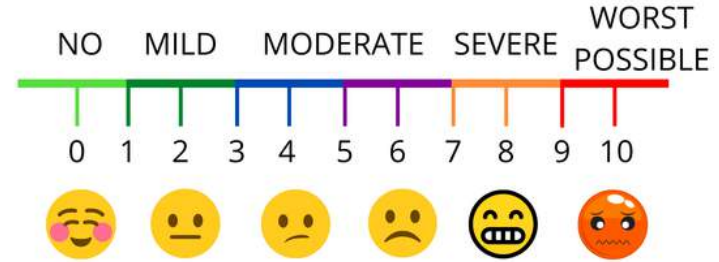
How true & big is this good thought inside you now as you think about what happened to you?

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SUDS Scale

NO MILD MODERATE SEVERE WORST POSSIBLE

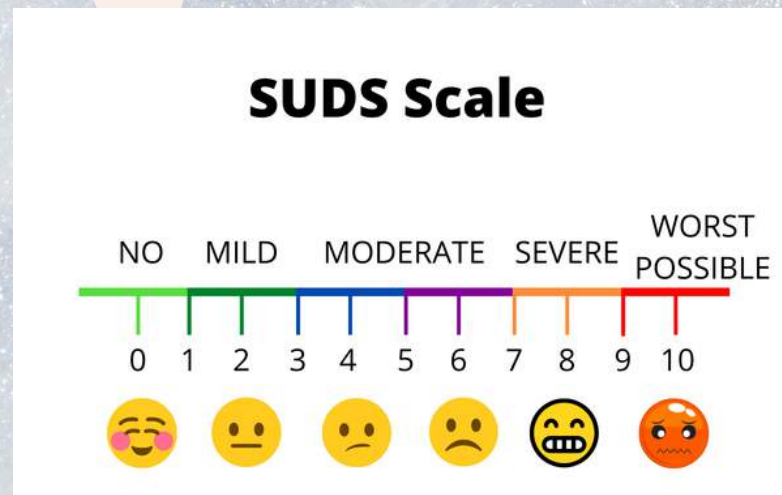
0 1 2 3 4 5 6 7 8 9 10



Phase 4 Desensitization



Bilateral Stimulation

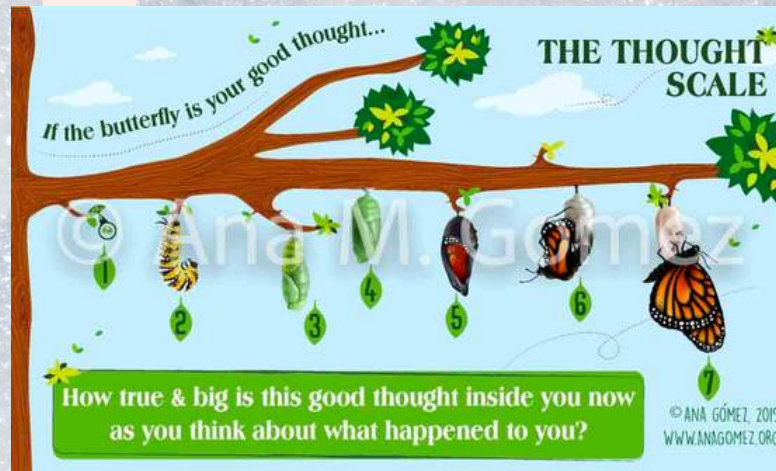


Decrease SUDS

Phase 5 Installation

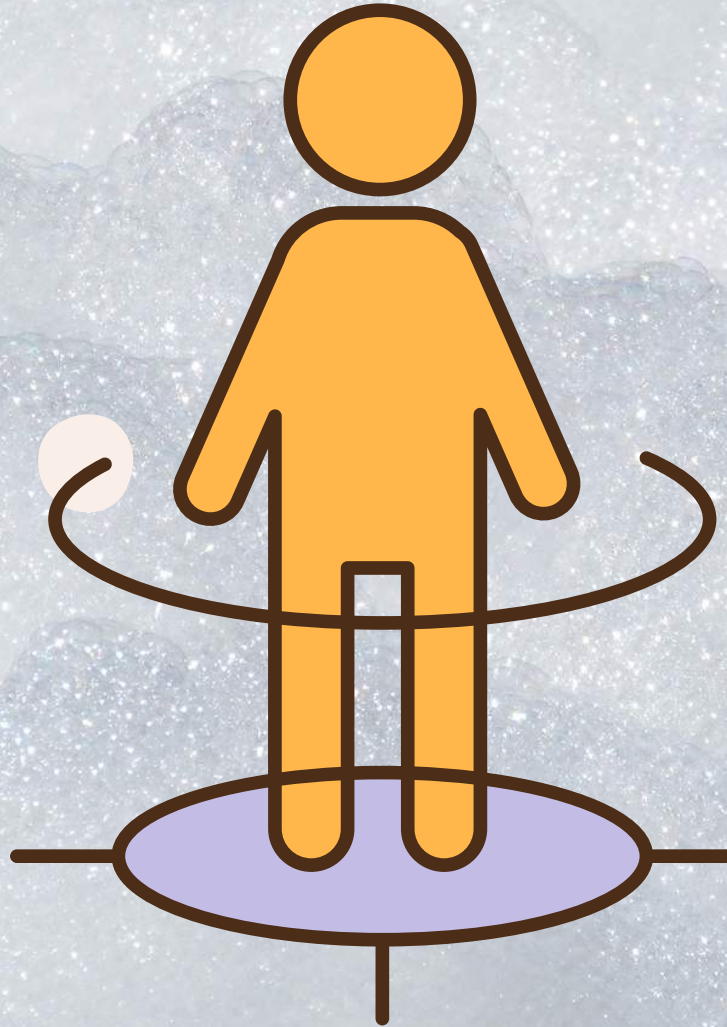


Bilateral Stimulation



Increase VOC

Phase 6 Body Scan

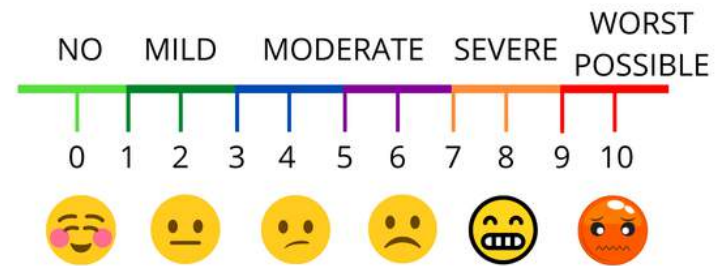


Phase 7 Re Evaluation

if needed








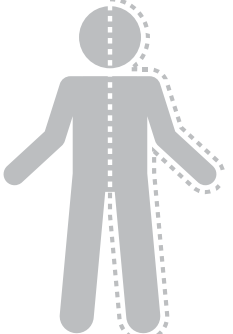




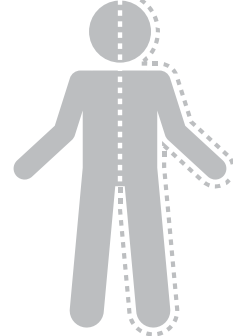



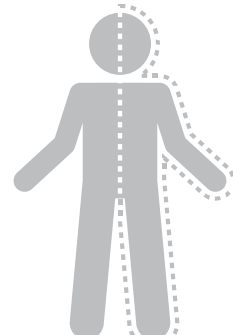



SUDS Scale



Phase 8 Closure

TICES Log for Kids

|  TRIGGER |  PICTURE |  THOUGHTS |  EMOTIONS |  BODY FEELING | SUDS 0-10 |
|---|---|--|--|--|---|
| | |  |  |  |  |
| |  |  |  |  |  |
| | |  |  |  |  |