

Initials:

Date:

R-TEP Progress Note

Phase 1:

Brief history:

Prior trauma history:

How has 11/30/21 impacted you?

How has the pandemic impacted you? Losses?

Get narrative of event using "Google search"; run the movie; how many scenes?
(use tappers in person or if virtual have client use bilateral music)

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Title of Scene	SUDS

Phase 2:

Safe state:

Container: (container within a container)

Protector/nurturer figures (who do you want on your team? (Actual or imagined)

Calm place (can they ground to present safety in office?)

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Phase 3:

For each trauma/scene, obtain image, NC, PC VOC, Feelings, SUDS, Body sensations and locations (use all senses-more so than typical)

Scene 1	
Image	
NC	
PC	
VOC	
Feelings	
SUDS	
Body sensations/location/use all senses	

Scene 2	
Image	
NC	
PC	
VOC	
Feelings	
SUDS	
Body sensations/location/use all senses	

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Scene 3	
Image	
NC	
PC	
VOC	
Feelings	
SUDS	
Body sensations/location/use all senses	
Scene 4	
Image	
NC	
PC	
VOC	
Feelings	
SUDS	
Body sensations/location/use all senses	

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Scene 5	
Image	
NC	
PC	
VOC	
Feelings	
SUDS	
Body sensations/location/use all senses	

Scene 6	
Image	
NC	
PC	
VOC	
Feelings	
SUDS	
Body sensations/location/use all senses	

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Phase 4:

- Options:
 - Chronological
 - Worst
 - First

- Once all targets are SUDS 0-
 - Client visualizes or runs the movie from start to finish with eyes close
 - Reprocess any intrusive content (survivor guilt)
 - Repeat until entire event can be visualized without disturbances

Phase 5:

- Visualize entire event with PC/with BLS
- Run the movie with PC with **EYES OPEN** and install PC
- Can test—run movie with **EYES CLOSED WITH PC** to be sure PC is installed for all aspect of traumatic event

Phase 6:

- Body scan-if any sensations—target for reprocessing
- Repeat
- Do present triggers-identify all triggers and reprocess

Phase 7:

- Closure
- Container-don't try to remember anything

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Phase 8:

- Reassess at beginning of next session
- If SUDS is 0—good
- If not-target whatever is remaining
- Reprocess all triggers
- Future template-image a time when you might feel unsafe (use triggers, media, ongoing threats etc)