

Tasks & Performables List

Partner Phase II Application Group

Tasks should be signed off by your primary therapist

Ongoing Requirements

- Regularly schedules individual counseling sessions with primary therapist.

Resiliency & Balance

- Daily Goals have become part of a regular routine.
- Tools are memorized and those which work best are used often.
- Action Plan has been implemented and revised at least twice.
- Shame Reduction Plan is utilized on a frequent basis to challenge shame-based internal messages.

Book/Audiobook/Workbook

- Prodependence by Robert Weiss
- Self Compassion by Kristin Neff
- The Power of Vulnerability by Brené Brown (available only in audio)
- Daring Greatly by Brené Brown
- Moving Beyond Betrayal by Vicki Tidwell Palmer

Additional Suggested Materials:

- Braving the Wilderness by Brene Brown
- The Mindful Self-Compassion Workbook by Kristin Neff

Healthy Living

- Established safe and connected relationships within the group, and utilize those connections daily for support.
- Weekly dates with partner or support for fun and connection without heavy talk about recovery.
- Exploring and creating a structure toward a spiritual life.
- Established a physical fitness program that incorporates health and nutrition.
- Self-care and compassion behaviors have become automatic and utilized as part of a daily routine.
- Achieved a decrease in trauma-response symptoms and an increase in emotional stability.
- Ability to ground self and reduce the frequency of fear cycle.

Preparation for Graduation to Phase III

- Participated in disclosure process as directed by primary therapist if/when appropriate.
Note: Workbook distribution and preparation to be done with primary therapist - not in SABR group.
- Completed Assessments: PTSI-R and IPAST with a CSAT therapist and reviewed in individual session.
Note: 90-120 days after the start of phase II and/or when trauma responses are less frequent and intense.
- Reviewed safety-seeking behaviors checklist from study guide, and reviewed with primary therapist.
- Completed all 4 workbooks from the education group and study guide from the application group.
- Met with primary therapist to assess appropriateness for participation in phase III.