PTSD Treatment Plan

First Name	Last Name	Date of Birth	Patient Identifier
Adam	Kingston	22/04/1987	09482

Patient traumatic memory/images

Adam struggles with PTSD from childhood abuse from his stepfather. He has had experience with physical abuse, and food/water deprivation - specifically, being locked in small spaces for significant periods of time.

Patient triggers

Darkness, and small spaces. Adam struggles to sleep without any lights on, and feels uncomfortable in cinemas, or other dark spaces. Adam is intensely claustrophobic, however, this doesn't particularly affect his day to day functioning.

Current patient coping behaviors and mechanisms

Adam sleeps with his lights on, and avoids many nighttime show events that require lights off/significantly dimmed. This can sometimes affect his sleeping, as well as social interactivity.

Select all PTSD symptoms that the patient has

- [x] Unwanted upsetting memories
- [x] Nightmares
- [ ] Flashbacks
- [ ] Inability to recall parts of memory
- [ ] Exaggerated blame of self or others
- [ ] Overly negative thoughts and assumptions about oneself or the world
- [x] Negative affect
- [ ] Decreased interest in activities
- [x] Feeling isolated
- [ ] Difficulty experiencing positive affect
- [ ] Irritability or aggression
- [ ] Risky or destructive behavior
- [x] Hypervigilance
- [x] Heightened startle reaction
- [x] Difficulty concentrating
- [x] Difficulty sleeping

Medication

25mg of Zoloft per day

Exposure therapy steps

Adam is to use night lights to experience a dimmer light setting, whilst still having lights on. We will gradually work towards lights off across the following months.

Additional interventions

We have worked through some breathing techniques, the butterfly hug method for when attacks are worsening, as well as cognitive behavioral techniques to reinforce positive thinking. Adam sometimes experiences negative affect, where he feels isolated from others, which can be difficult. We are working through rewiring these thought patterns.

Clinician Name	Clinician Designation	Clinician Signature	Date
Eliza Booth	Dr		17/01/23