PTSD Treatment Plan

First Name	Last Name	Date of Birth	Patient Identifier

Patient traumatic memory/images

Patient triggers

Current patient coping behaviors and mechanisms

Select all PTSD symptoms that the patient has

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

Medication

Exposure therapy steps

Additional interventions

Clinician Name	Clinician Designation	Clinician Signature	Date