

Unpacking Your Empathy PTSD Worksheet

Name: _____ Date: _____

Contact Information: _____ Therapist: _____

Introduction: Explain the purpose of the worksheet and the importance of empathy in supporting individuals with PTSD. Ensure the patient is comfortable and ready to engage in this discussion.

Step 1: Self-Reflection

Ask the patient to reflect on their knowledge and experiences related to trauma and PTSD. Encourage them to jot down their thoughts and feelings.

Step 2: Education

Provide resources or references for the patient to learn more about PTSD. Recommend books, articles, or websites to help expand their understanding.

Step 3: Active Listening

Discuss the significance of active listening. Role-play scenarios where the patient practices active listening techniques and provides feedback.

Step 4: Respecting Boundaries

Explain the importance of respecting the boundaries of individuals with PTSD. Discuss scenarios where setting and respecting boundaries can be challenging and explore strategies for better understanding and cooperation.

Step 5: Empathetic Communication

Guide the patient in expressing empathy through supportive language. Provide examples of empathetic statements and encourage them to use these in their interactions.

Step 6: Avoiding Triggers

Discuss potential triggers that could retraumatize someone with PTSD and provide strategies for sensitively avoiding or addressing these triggers.

Step 7: Encouraging Professional Help

Highlight the significance of professional help and discuss ways to encourage someone with PTSD to seek therapy or counseling gently.

Step 8: Self-Care

Emphasize the importance of self-care for both the patient and the healthcare professional. Provide self-care tips and encourage the patient to integrate them into their routine.

Step 9: Ongoing Support

Reiterate that supporting someone with PTSD is an ongoing commitment. Discuss ways the patient can remain empathetic and supportive in the long term.

Conclusion

Summarize the key takeaways from the session and encourage the patient to reflect on how they can apply what they've learned in their interactions with individuals affected by PTSD.

Follow-up Plan

Discuss the schedule for follow-up sessions or actions the patient can take to enhance their empathy and support skills further.