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

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

Medication

Exposure therapy steps

Additional interventions

Clinician Name	Clinician Designation	Clinician Signature	Date