

Building a Present Focused Support Plan

Trauma and stabilization | Clinicians | 50 minutes

Structure a choice based session focused on present coping and support.

Outcome: the client identifies a helpful present focused option, a pause signal, and a support plan for the coming week. No trauma narrative is needed. Explain each exercise and make declining or changing it an explicit option.

Minutes 0 to 15

0 to 5: assess current orientation, distress, and immediate safety or health needs. 5 to 10: agree on a useful goal and review choice using TRA02. 10 to 15: use TRA03 to identify familiar stress signals without exploring event details.

Minutes 15 to 40

15 to 25: offer TRA01 or TRA04 and practice one option briefly, checking its effect before continuing. 25 to 35: use TRA05 to match a current need with appropriate support and boundaries. 35 to 40: begin TRA06 with a simple response sequence for a difficult reminder.

Minutes 40 to 50

40 to 45: review what helped, what did not, and any needed referrals or treatment questions. 45 to 50: confirm the plan for leaving, available support, and when to seek more help. Close with present orientation if desired. Replace the agenda with assessment and appropriate support if safety or significant disorientation requires it.

Preferred option, pause signal, support contact, and next review