

Cognitive Coping:

Teach this skill with non-trauma thoughts first!

1. Identify automatic thoughts
2. Identify automatic negative thoughts
3. Review cognitive distortion patterns
4. Explain cognitive triangle, using examples
 - a. Do NOT confront trauma-specific distortions yet, BUT DO identify how trauma history impacts thoughts AND how client feels when having unhelpful trauma-related thoughts and when client can do when they have them
5. Teach cognitive coping strategies
6. Practice relaxation strategies in session
7. Add in gradual exposure and practice strategy again to ensure it works!
8. Write down new info you learned about trauma experience
9. Assign homework to practice cognitive coping strategy at home