STEP 1: PTSD DESCRIPTION & WORKBOOKS

During the Assessment session, we discussed a possible diagnosis of PTSD and/or a past trauma underlying your symptoms. Please watch this video for further information on PTSD:

<https://youtu.be/pg7KQ1U_S5s>

(IN SYNC Stage 1 Part 2)

(WARNING! YouTube Company has HIJACKED the “IN SYNC” video by Dr. Clark and these ads are not approved by Dr. Clark. The techniques can be harmful to a trauma victim! Please click the “SKIP AD” tab on the right side of video screen to access the “IN SYNC” video by Dr. Clark!)

In our first treatment session, we will focus upon further exploration of my therapy approach.

From this discussion, you will be able to make an Informed Decision about whether or not you want to continue with this approach.

Here is the Homework we discussed in our Assessment session.

1. Please read the attached brief summary of the therapy theories: Path to Trauma Recovery

1. Please watch IN SYNC Introduction and read the attached Text of that video.

<https://youtu.be/3NOvBJQLsxQ>

Attached is a list of YouTube videos for you to practice the Progressive Relaxation and Deep Breathing techniques.

Here are the URLs for the homework books we discussed in the Assessment session.

Here is the OCD workbook URL:

[https://www.amazon.com/Mindfulness-Workbook-OCD-Overcoming-Compulsions/dp/1684035635/ref=sr\_1\_5?crid=X79MH6R6WZB9&keywords=mindfulness+workbook+for+OCD&qid=1645239679&sprefix=mindfulness+workbook+for+ocd%2Caps%2C173&sr=8-5](https://www.amazon.com/Mindfulness-Workbook-OCD-Overcoming-Compulsions/dp/1684035635/ref%3Dsr_1_5?crid=X79MH6R6WZB9&keywords=mindfulness+workbook+for+OCD&qid=1645239679&sprefix=mindfulness+workbook+for+ocd%2Caps%2C173&sr=8-5)

Here is the URL for the book on anxiety:

[https://www.amazon.com/Thirty-Minute-Therapy-Anxiety-Everything-Harbinger/dp/1572249811/ref=sr\_1\_2?crid=17V8NY0WA92RS&keywords=30+minute+therapy+for+anxiety&qid=1645239620&sprefix=30-minute+therapy+for+an%2Caps%2C188&sr=8-2](https://www.amazon.com/Thirty-Minute-Therapy-Anxiety-Everything-Harbinger/dp/1572249811/ref%3Dsr_1_2?crid=17V8NY0WA92RS&keywords=30+minute+therapy+for+anxiety&qid=1645239620&sprefix=30-minute+therapy+for+an%2Caps%2C188&sr=8-2)

Here is the URL for the book on Body Interoception Awareness:

[https://www.amazon.com/Somatic-Psychotherapy-Toolbox-Worksheets-Exercises/dp/1683731352/ref=sr\_1\_1?crid=1OIINIAJECFDF&keywords=somatic+psychotherapy+toolbox&qid=1654374204&sprefix=somatic%2Caps%2C191&sr=8-1](https://www.amazon.com/Somatic-Psychotherapy-Toolbox-Worksheets-Exercises/dp/1683731352/ref%3Dsr_1_1?crid=1OIINIAJECFDF&keywords=somatic+psychotherapy+toolbox&qid=1654374204&sprefix=somatic%2Caps%2C191&sr=8-1)

As you progress in your psychotherapy, you may wish further information before I present it to you. The training videos are all available at: <https://www.cfcninc.org/treatment-videos>

Dr. Clark