

**PHASE ONE: AIP HISTORY TAKING AND
TREATMENT PLANNING WORKSHEET**

This worksheet is designed to help you take an AIP-informed history and develop a treatment plan specific to a presenting issue. You will practice using the Floatback Technique (or Affect Scan) as well as direct questioning to identify relevant experiences in the client’s memory network that are informing their current symptoms. It will also help you prioritize what memories to process and keep track of them as they resolve.

PRESENTING COMPLAINT:

"Let's talk about the issue you have decided to work on (this weekend). Tell me more about it."

RECENT EXAMPLE OF PRESENTING COMPLAINT:

"What recent experience have you had that represents this issue?"

"What other recent experiences have you had that represents this issue?"

PAST EXPERIENCES:

Use direct questioning, or the Floatback Technique, as scripted below to identify the past experiences associated with the client's current difficulties. Use the most disturbing experience from the recent events described above.

"As you bring up the recent experience of _____, notice the image that comes to mind (pause), the negative thoughts you're having about yourself (pause), the emotions and sensations you're experiencing right now (pause), and let your mind floatback to an earlier time when you may have felt this way before and just notice what comes to mind..."

After each association:

"As you focus on this experience, notice what else comes to mind..."

If Floatback doesn't yield results or is too demanding, try Affect Scan:

"As you bring up the recent experience of _____, notice the feelings you're having right now (pause), notice where you're feeling them in your body (pause), and let you mind scan back to an earlier time when you may have felt this way before and just notice what comes to mind..."

Repeat instructions having the client focus on each association briefly until s/he can't access any more associations:

"Is there anything else? Continue to floatback and notice what else emerges..."

Identify the first and worst experiences in the memory network. Record the client's experiences using headlines, taking note of the first and the most disturbing experiences:

Experiences

Age

PRESENT TRIGGERS:

“Are there other situations, people or places in your life now that bring up these negative reactions?”

FUTURE TEMPLATE:

“How would you like to be able to handle these situations (present triggers) in the future?”

Redirect Client’s focus of attention to Safe/Calm Place, shifting state to end clinical session.

TREATMENT PLAN SUMMARY:

Target Memory selected for the first reprocessing session:

Circle One:

Touchstone Memory

Worst

Other Past Experience