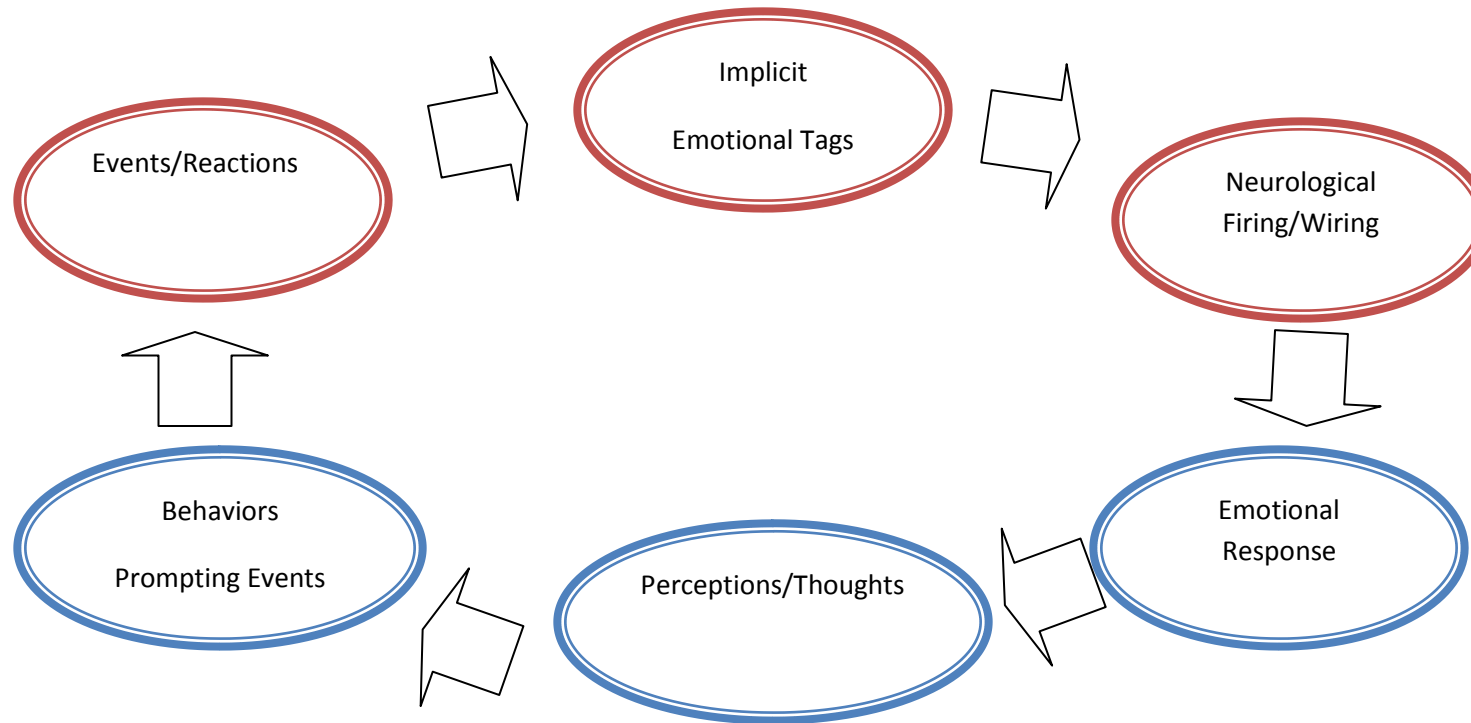


Implicit Memory Active

Biologically Based Interventions focused on Self-Regulation

Intra-personally focused on co-regulation (beginning with therapeutic relationship)

GOAL: Creating Safety and Lowering Arousal



Explicit Memory Active/ Autobiographical Memory of Sense of Self Present

Self-Regulation and Mindfulness Exist

Can now utilize Cognitive Behavioral Skills/Problem Solving Models

Negative or Global Cognitive Distortions that are not helpful can be challenged/released

Trauma Re-Processing can be utilized (if needed)

GOAL: Problem Solving and Daily Integration of Skills into Life Challenges