

PTSD Formulation Cognitive processing during trauma Characteristics of the Prior beliefs and Activation of threat system traumatic event experiences Weapon-focus at start Life threatening event Physical abuse during Dissociated later - distanced Felt overwhelmed childhood Felt certain that would die Bullying I'm vulnerable Negative appraisal of Nature of traumatic trauma and its effects memory Fragmented I'm damaged Vivid sensations - sounds, I have no future bodily sensations Flashbacks Nightmares Matching triggers Sense of current threat Feels fear Hypervigilant - threat system is 'on alert' **Prevents Prevents** updating updating Coping strategies Avoid reminders Try to push memories away Drink to get to sleep Adapted from:

