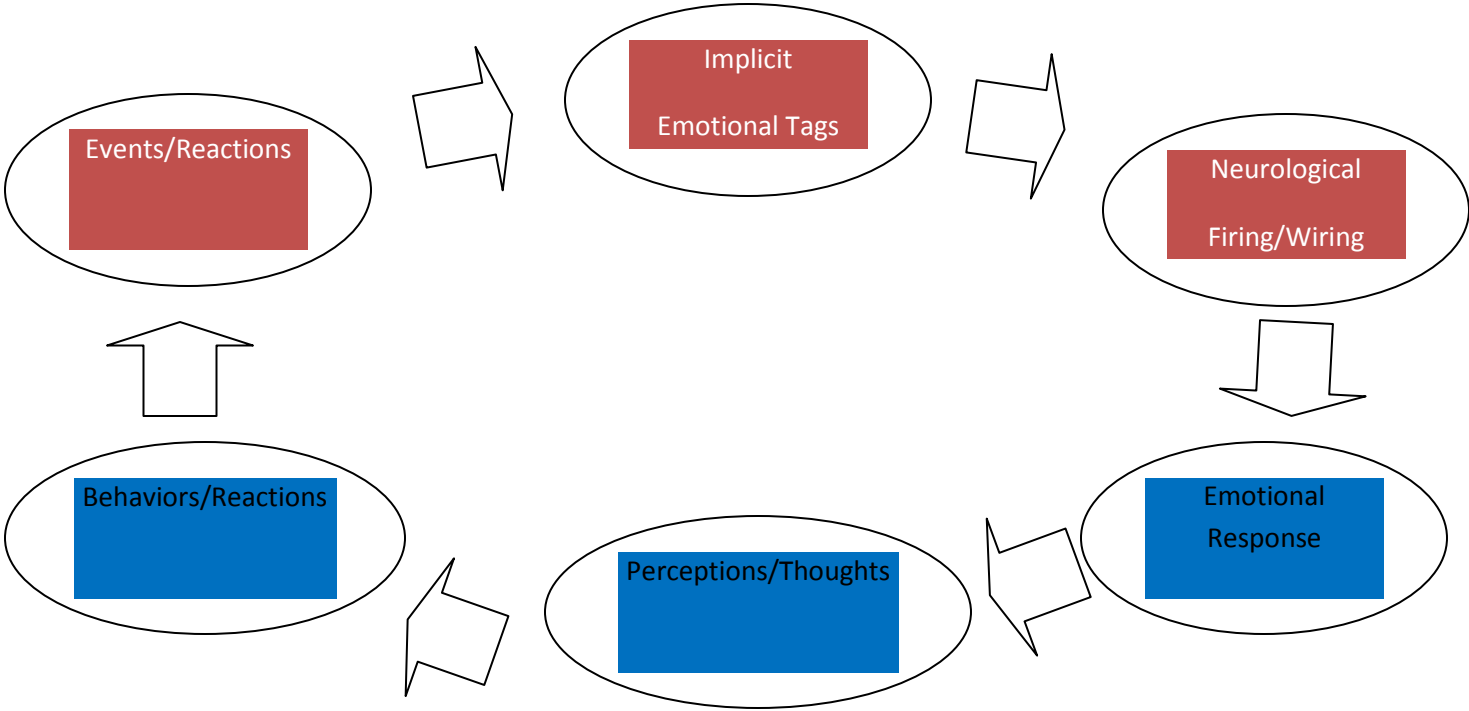


Implicit Memory Active
Biologically Based Interventions focused on Self-Regulation
Intra-personally focused on co-regulation (beginning with therapeutic relationship)
GOAL: Creating Safety and Lowering Arousal



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