

ASSESSING READINESS FOR PHASE 3/4

1. Case Conceptualization and treatment planning from AIP perspective complete.
2. Presence of internal and external resources
 - External Resources including: stable home and finances, and social support
 - Internal resources including/but not limited to: Adult parts, Self energy, nurturing, protector figures, safe/calm place, container, ego strength, self compassion.
3. Screened/Assessed for Dissociation
 - With childhood trauma, ask how much dissociation is present vs. is it present
 - At minimum use the DES to screen for dissociation.
 - Loewinstein mental status exam is a good option for a clinical interview
 - Use the MID for a more through assessment and possible diagnosis
4. Be able to demonstrate the ability to feel feelings within the window of tolerance
 - Positive: positive affect can be maintained with BLS, resources can be installed and used both in session and out of the office.
 - Negative: ability to tolerate negative emotions and memories with some intensity for a significant duration.
5. Identify defenses, affect phobia, parts and dissociative phobias that can block in phase 4.
6. Can experience and name emotions in the body.
7. Can observe their internal state/experience and report it back accurately.
8. Absence of destructive or dangerous behaviors. Uncontrolled addiction, SI, self harm etc.