

Handout 1.6: Cognitive Trauma Therapy Homework Assignments

Client Initials: _____ Date: _____

1. _____ Listen to the audio-recording of each session before the next session.
2. _____ Complete handout 1.2, Empowering Yourself: Self-Advocacy Strategies.
3. _____ Complete handout 1.3, Is Anger Worth the Hangover? Strategies for Letting Go.
4. _____ Study handout 1.4, Symptoms of Post-traumatic Stress Disorder.
5. _____ Read handout 1.5, *MidWeek* article: “New Hope for Battered Women.”
6. _____ Monitor and record negative self-talk using handout 2.1, Negative Self-Talk Monitoring Form, which you’ve agreed to carry with you at all times.
7. _____ Practice PMR while listening to the recorded instructions, twice each day.
8. _____ Do a body scan and over-tense and relax affected muscles after experiencing stress.
9. _____ Complete handout 6.3, Identifying Harmless Reminders Survey.
10. _____ Read handout 6.4, *Honolulu Star-Bulletin* article: “Abused Women to Share in New Therapy Project.”
11. _____ Do agreed-upon exposure exercises (documented in handout 7.1, Escape and Avoidance Busting Exposure Homework Agreement).
 - _____ Look at pictures
 - _____ Visualize (with other reminder cues also present)
 - _____ Watch *Sleeping with the Enemy* and *Once Were Warriors*
 - _____ Engage in activities and go to places that are reminders of the abuse
 - _____ Other exposure exercises
12. _____ Read handout 10.4, the article “Thinking Errors, Faulty Conclusions, and Cognitive Therapy for Trauma-Related Guilt.”
13. _____ Complete handout 17.1, Characteristics of Abusive Partners questionnaire.
14. _____ Use handout 19.2, Worksheet for Making Important Decisions, to analyze a current decision.
15. _____ Other: _____
16. _____ Other: _____
17. _____ Other: _____