PTSD Formulation

- Prior beliefs and experiences
- Cognitive processing during trauma
- Characteristics of the traumatic event
- Negative appraisal of trauma and its effects
- Nature of traumatic memory
- Sense of current threat
- Coping strategies

Matching triggers
Prevents updating of
Prevents updating of
PTSD Formulation

Prior beliefs and experiences
- Physical abuse during childhood
- Bullying
- I’m vulnerable

Cognitive processing during trauma
- Activation of threat system
- Weapon-focus at start
- Dissociated later - distanced

Characteristics of the traumatic event
- Life threatening event
- Felt overwhelmed
- Felt certain that would die

Negative appraisal of trauma and its effects
- I’m damaged
- I have no future

Nature of traumatic memory
- Fragmented
- Vivid sensations - sounds, bodily sensations
- Flashbacks
- Nightmares

Sense of current threat
- Feels fear
- Hypervigilant - threat system is ‘on alert’

Coping strategies
- Avoid reminders
- Try to push memories away
- Drink to get to sleep

Adapted from:
*Behaviour Research & Therapy*, 38(4), 319-345.