

## GETTING READY FOR PTSD TREATMENT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Target Start Date for PTSD Treatment:** \_\_\_\_\_

To be eligible to begin PTSD treatment, you will need to have demonstrated that you are sufficiently stable and have the skills necessary to complete exposure therapy effectively and safely.

Criteria for Determining Readiness	What You Need to Do to Get Ready
1. Not at imminent risk of suicide.	
2. No recent (past 2 months) suicide attempts or non-suicidal self-injury.	Date of last episode: _____
3. Able to control urges to commit suicide and self-injure when in the presence of things that make you want to engage in those behaviors.	
4. No serious therapy-interfering behavior.	
5. PTSD is the highest priority target and you want to treat your PTSD now.	
6. Able and willing to experience intense emotions without escaping.	