

CLIENT: Extract Testing
DATE OF ASSESSMENT: 2022/06/07

AGE: 28
GENDER: Female

Identified Traumatic Event: Testing

Painful images, memories or thoughts.
Distressing dreams.
Felt event was recurring/being relived.
Upset by triggers that reminded them.
Physically upset by reminders.

INITIAL INTAKE	
F	S
0	2
2	4
4	1
1	2
2	3

INTRUSION	Scales:	9	12
	Total:	21	

Avoiding thoughts or feelings.
Avoiding things/situations that remind them.
Unable to recall important parts.
Difficulty enjoying things.
Felt distant or cut off from others.
Unable to have sad or loving feelings.
Difficulty imagining a long life/fulfilling goals.

2	3
0	3
1	3
1	3
0	1
2	1
3	0

AVOIDANCE/NUMBING	Scales:	9	14
	Total:	23	

Trouble falling/staying asleep.
Irritable, outbursts of anger.
Difficulty concentrating.
Felt on edge, easily distracted, or "on guard".
Jumpy or easily startled.

2	2
3	3
2	3
2	3
3	1

HYPERAROUSAL	Scales:	12	12
	Total:	24	

DTS TOTAL SCORES	Scales:	30	38
	Total:	68	

CLIENT INSIGHTS

Intrusion relates to unwanted and upsetting memories, nightmares, flashbacks, and emotional distress and/or physical reactivity after exposure to reminders related to your trauma.

The following aspects require attention. Please note your plan to overcome this in the space below.

- Distressing dreams
- Felt event was recurring/being relived
- Physically upset by reminders

Avoidance relates to trying to avoid thinking or talking about the trauma or avoiding places, activities or people that remind you of it. **Numbing** relates to not feeling much emotion, positive or negative.

The following aspects require attention. Please note your plan to overcome this in the space below.

- Avoiding thoughts or feelings.
- Avoiding things/situations that remind them.
- Unable to recall important parts.
- Difficulty enjoying things.
- Difficulty imagining a long life/fulfilling goals.

Hyperarousal relates to irritability or aggression, risky or destructive behaviour, hypervigilance, heightened startle reaction, difficulty concentrating, and difficulty sleeping.

The following aspects require attention. Please note your plan to overcome this in the space below.

- Irritable, outbursts of anger.
- Difficulty concentrating.
- Felt on edge, easily distracted, or "on guard".
- Jumpy or easily startled.
