Skills for Psychological Recovery is a program that uses collaborative assessment and five individually-tailored skill modules to build resilience and enhance coping following a disaster. It is usually offered in 1-4 sessions, depending on the needs of the client.

This cheat sheet was developed based on the resources developed by the National Center for PTSD and the National Child Traumatic Stress Network. The full manual and worksheets for each skill are available at tiny.cc/mvodpz.

**Conduct an assessment.**

1. **Identify needs and concerns**
   - Assess the person's main needs, concerns, and priorities
   - Determine whether a referral to a higher level or different type of care is needed
2. **Prioritize areas to address**
3. **Collaboratively make an action plan**
   - Choose the most appropriate SPR skill(s)
   - Agree on a tentative number of meetings (1-4)
   - Make referrals if needed

**Build problem-solving skills.**

1. **Define the problem & decide ownership**
   - Describe the problem concretely and in detail
   - If the problem is complex, break it down into manageable chunks and pick one
   - Determine whether this is a problem that the survivor has ownership over
2. **Set the goal**
   - Assess and clarify needs and concerns
3. **Brainstorm**
   - Write down all possible options
4. **Evaluate and choose the best solutions**
   - List pros and cons of each solution
   - Choose a solution

**Promote healthy activities.**

1. **Identify and plan one or more activities**
   - Review a list of pleasant activities
   - Have the client generate ideas, considering pre-COVID activities
2. **Schedule activities in a calendar**
   - Help the client consider things that will increase the likelihood that they will do each activity.
Manage reactions.

1. Identify distressing reactions & their triggers
   - Pick the most distressing reaction
   - Discuss triggers for that reaction

2. Teach skills to address distressing reactions
   - Skill 1: Breathing
     - Get comfortable
     - Breathe in for 5, expanding your belly
     - Hold for 5
     - Exhale for 7 while saying a soothing word
   - Skill 2: Writing exercise
     - Set aside 30 minutes
     - Write about what's distressing you
     - Give yourself space to feel your emotions
     - Consider what you did to help yourself or others

3. Create a plan for distressing reactions
   - Discuss practicing good self-care to reduce reactivity to triggers
   - Make a standing plan to deal with triggers as they come up

Promote helpful thinking.

1. Identify unhelpful thoughts
2. Identify helpful thoughts
   - Ask gentle, curious questions to develop other perspectives on the unhelpful thought
3. Rehearse helpful thoughts
   - Imagine the trigger situation and say the helpful thought aloud
4. Assign practice of helpful thoughts
   - Plan to mentally repeat the thought the next time the trigger situation arises

(Re)build social connections.

1. Develop a social connections map
2. Review the social connections map
   - Questions to reflect on:
     - Who are your most important connections right now?
     - With whom can you share your feelings?
     - With whom do you want to be in touch in the next couple weeks?
     - Who might need your help or support right now?
     - Who or what is missing or needs to be changed?
3. Make a social support plan

USE FOR: Clients who are having intense or upsetting reactions to things that happen.

USE FOR: Clients who are having upsetting thoughts that make them feel bad or stop them from having more positive thoughts.

USE FOR: Clients who are unsure how to connect or reconnect with friends and family; clients who feel that they don't have enough people that care about them or can help them.

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