

HANDOUT 30: AFTERCARE PLAN WORKSHEET

Instructions: In preparation for ending treatment, complete this aftercare plan to help you identify how treatment has been helpful so far and the ways it can continue to help in the future. Consider discussing these issues with a support person who may have been involved in the treatment program all along or whom you choose to include now. A knowledgeable support person can be very helpful in reminding you about how to use the program.

1. What things have gotten better since I started treatment?

a.

b.

c.

2. What things do I still want to work on after therapy ends?

a.

b.

c.

3. Which skills from treatment will help me to work on these things?

a.

b.

c.

4. What can help me to remember to use my new skills in these situations, or whenever I am dealing with PTSD symptoms?

a.

b.

c.