

Feedback

Personalized motivational feedback as generated by system.

Dropping PCL – High Trust

- You've achieved a lot in a short time in therapy, your initially substantial complaints are getting less. Compliments on facing the sessions. The symptoms will lessen automatically.
- You can see the tension getting less, and that's very quick. You're doing well! Continue like this!
- You've achieved a lot in a short time in therapy, your initially substantial complaints are getting less. Try to continue like this. You're doing well!

Dropping PCL – Doubts

- The treatment seems to have a good effect on you. You probably doubt if the treatment is useful. You're working hard, continue like this!
- Step by step you see your complaints getting less. Now it's important to stick with it! We're over half way in and you're doing well.
- You're doing better this week than last week. I'm sorry to hear you have little trust in the future. You're doing well.

Dropping PCL – Low trust

- Perhaps you're hesitating whether the therapy is working for you. That's a shame, that you don't have a lot of trust. Your complaints have gotten a lot less. The end is in sight, continue like this!
- I'm sorry to hear that you don't have a lot of trust in the future. Perhaps you're hesitant whether the therapy is working for you. Your complaints started to get a lot less once we started to discuss the bad memories. It's going really well.
- You're probably doubting whether the treatment is useful. That's a shame, that you don't have a lot of trust. You've noticed that your complaints are getting less. You're doing very well.

Stable PCL – High trust

- Because we're now really starting to work on your memories you might feel a bit up-and-down. Try to continue as you are. After this phase we often see the complaints starting to drop.
- It's normal that the complaints don't drop immediately. In your case they're the same as when you started working on the memory. Hold on! You're doing well
- You indicate that you experience little change in your complaints since the start of therapy. That's okay, you're doing well! Now it's important to stick to it!

Stable PCL – Doubts

- Your complaints show little consistency. Sometimes they get less, and then they get worse again. That makes sense, you're working on your past and that's tough. Stick to it now! Let's see together what you need to continue.
- It's difficult to do and you're not noticing a lot yet. You have doubts whether this treatment can help you. It's common that when you work on your past, your complaints get worse. Stick to it!
- Your complaints show little consistency. But that's understandable because we're now working on your memory. It's primarily important to stick to it now! You're still doing well.

Stable PCL – Low trust

- Your complaints show little consistency. Sometimes they get less, and then they get worse again. But the results are also as you can expect when you start intensive treatment. Have hope. You can count on it that the complaints will lessen when you're working on your next memory.
- You notice your complaints going up and down. That's a shame. Your reaction is normal in this stage of therapy. You're doing well, try to stick to it!
- Your complaints are fluctuating, but don't really seem to go down. That makes a lot of sense in a situation like this. You're going in the right direction! Have courage!

Rising PCL – High trust

- Your complaints might have gotten worse. The falling and getting up fits with doing therapy. Confronting new memories will be a challenge, but you're doing well. You're doing something difficult, you're really going for it.

- You probably also notice that your complaints are getting worse. This is a normal reaction in this stage of therapy. It's good to see that you have trust in a good outcome. Try to stick to it.
- You probably also notice that your complaints are getting worse. But it happens often in trauma treatment, and most of the time this means you're doing well and getting closer to the core. You're going in the right direction! Well done!

Rising PCL – Doubts

- You notice that your complaints are getting worse. This can be a part of the treatment and says nothing about the eventual result. You doubt whether you'll be fully recovered at the end. This is the moment where it's important to stick to it!
- You probably also notice that your complaints have gotten worse recently. It sounds strange, but that is a good sign. Stick with it! Let's look together at what you need to continue.
- The last couple of sessions have given rise to a lot of tension. Perhaps you have doubts about whether the therapy works for you. But that is understandable as we're working with the memory now. Stick to it!

Rising PCL – Low trust

- I see you indicate that your complaints have gotten substantially worse. I'm sorry to hear that. However, it is always hard work before we see any results. Stick with it and continue.
- You're feeling a lot from this treatment, aren't you! Perhaps you have doubts whether the therapy works for you. We see this often during trauma treatment. Just a couple more sessions to go, hold on!
- I see your complaints are getting worse over the sessions. Therapy knows several phases and at the beginning of every phase you can see a rise in complaints because it is new. You're still doing well. Stick with it and continue.

General feedback

- Treatment is difficult, but only lasts a couple of weeks. For three-quarter of people the complaints get a lot less due to this treatment. Without treatment the complaints usually last, or even get worse. That would be even more difficult for you. So let's go for this together so that it might be difficult now, but it won't be in the future.
- From scientific research we know that the majority of people benefit from this treatment. We also know it is a difficult treatment, because we ask you to expose yourself to memories and images you'd rather not remember. By exposing yourself to these images and memories instead of fighting them, you'll notice that you're able to bear the fear and tension. And that the images will elicit less tension over time.
- Try to stick with it, even though your tension gets high. Only then can you check if your fear of not being able to handle the tension is true. That's difficult, but you've noticed before that if you stick with it, you can deal with the tension. And that the tension often even gets less after a while. That will bring you a step closer to recovery.
- You've now been working on this treatment for a while. Perhaps you've noticed already that your complaints are slowly getting less. It's important to stick with it now, so we can achieve the largest result.
- Some people experience the treatment for PTSD as difficult. They also notice that the complaints can temporarily get worse. Do you recognize this? Continue, despite the difficulty. You can do it!
- Good that you're actively working on the treatment. Try to stick to it and you'll notice your complaints getting less and less.
- Do you recognize that you sometimes avoid working on the treatment? Avoidance is one of the characteristics of PTSD and one of the reasons your problems stay as they are. Do you catch yourself at this? Try to put yourself to doing the session anyway.
- Hold onto the fact that the memories we're working on are in the past. Stay in the here and now: you're the one who can control the emotions.
- It's completely normal that therapy can elicit difficult emotions. Remember that this will get less during therapy.

No feedback statements

- Thank you for filling in the questionnaires. We'll now continue with the session.
- Thanks for answering these questions. Let's continue with the session.

- Thank you for answering the questions.
- Thanks for filling out these questions. Let's now continue with the session.
- Thanks for answering the questionnaires.
- Thank you for your answer to these questionnaires.
- Well done. Let's continue with the session now.
- Well done answering the questions. We'll now continue with the session.
- Well done filling in the questionnaires.