

Chapter 51

Phase One Topics

How Much Client History Is Advisable?

See the section of this book labeled Phase One. Clients with complex trauma will confound your attempts to overly organize their recovery. It is generally a bad idea to do an extensive and detailed trauma history the first time you meet someone or months before the client begins their first target. You do not need all of this information in order to effectively start somewhere at the intersection of what is productive and tolerable. Consider these questions. How much client history would be productive and tolerable with this client right now? Are there other, more important clinical tasks? What am I going to do in the next few weeks with a large amount of information related to past trauma for this client? Are there risks in opening up more information than we have the time and ability to work on today? Do you need to know today? Are you sure?