

A Therapist's Guide to

THE TIME CURE:

*Overcoming PTSD with the New Psychology of Time
Perspective Therapy*

Time Perspective Therapy in Six Sessions

Philip G. Zimbardo

Richard M. Sword and Rosemary K.M. Sword

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What Goes On In a TPT Session?

In TPT, balancing Time Perspectives is essential when our destination is mental wellbeing. The goal of TPT is the same whether you are reading this to improve your life or you are a therapist with clients... that is to discover your/their balanced Time Perspectives. This is accomplished by: 1) boosting Past Positives – for PTSD you want to eventually eclipse the Past Negatives, 2) board the selected Present Hedonism train and 3) start making both short and long range plans for a Future Positive.

In regards to therapists, although the goals are the same, delivery style is as diverse as each TPT therapist's personality. If we liken TPT to a journey to mental wellbeing, we see there are many different ways to proceed. Some people may want to walk while others choose to ride a bike or drive a car. Some may take a bullet train or jet. The differences in the TPT therapist's method, coupled with your/the client's individual needs and unique character are reflected in the outcome of each session. For a self-realized, determined person, grasping Temporal Theory, understanding TPT and learning how to balance Time Perspectives can be achieved in one or two sessions. Unfortunately, this is rarely the case for people suffering from chronic/severe PTSD.

For therapists, trust is *The Key* in all forms of therapy and TPT is no exception. The PTSD client must have faith in the therapist- after all, they are about to divulge very sensitive material about themselves to someone they probably just met. The client does not want to feel judged – they want to feel listened to and understood. So establishing a relationship of trust is imperative. Usually someone (the client's physician, family member, friend or attorney) refers the PTSD client to a therapist because they (physician, family member, etc.,) have had some sort of positive personal experience, even if it's word of mouth, with the therapist.

TPT has proven effective for a variety of issues but since *The Time Cure* is about TPT and PTSD, let's say you/the client suffer(s) from PTSD. In the TPT process, we work to:

1. Understanding time perspectives and how they frame the way we see ourselves and our possibilities.
2. Respect the trauma – PTSD sufferers are mentally injured, not mentally ill.
3. Learn self-soothing behaviors, including breathing exercises and visualizations.
4. Boost past positives (for PTSD in particular, we want to eventually eclipse the past negatives.)
5. Encourage healthy present hedonism (selected activities that are enjoyable but not irresponsible or life threatening).
6. Encourage pro-social behavior, bringing the PTSD sufferer back into healthy human relationships through social interaction in a relaxed group setting; family members and significant others are also invited to attend therapy sessions if possible.
7. Help make and act on short- and long-range plans for a brighter, more positive future.

Establishing Rapport

For therapists, in Session 1, as part of establishing rapport, the components of PTSD (trauma begets a level of depression and anxiety – be they small or great – which equals a corresponding level of PTSD), Temporal Theory (TT) and the basics of TPT are explained to the client. During the explanation of TT and TPT, many clients have an “Ah ha!” moment when they understand that their trauma has caused them to face backwards – toward the past. Then they experience a glimmer of hope when they discover our ultimate goal in TPT is to gently turn them around so they can face forward and begin their journey – toward the future.

In Session 2, the patient is given a series of psychological tests including a trauma severity indicator (we use the Posttrauma Check List – C for civilian or – M for military), a depression test (Burns Depression Checklist), anxiety test (Burns Anxiety

Inventory) and the ZTPI. These tests are scored by the therapist and discussed with the client during the third session.

The Past

Session 3 - In TPT, both the client and their trauma are given due respect. PTSD sufferers are mentally injured, not mentally ill. Once the client feels comfortable with the TPT therapist, in Session 3, they begin to share their story. Depending on the severity of trauma as well as the severity of their PTSD symptoms, it's not unusual for the client's back story to take up the remainder of the session. If the client experienced extreme trauma which involved injury to self or others, their back story may require two sessions. In other cases, the client is on a mission to overcome their PTSD - perhaps because they feel they and their loved ones have suffered long enough, or perhaps it's simply their nature, or they are so uncomfortable or tender, they do not want to dwell on the trauma - and will therefore provide the TPT therapist with Cliff Notes of their past, including their trauma.

Since recounting the trauma can be upsetting, towards the end of the session, the client is given tools to help cope with the myriad feelings and emotions that have been stirred. The first tool is a simple breathing technique to calm and focus them, the second is the website www.timecure.com and www.lifehut.com, where they may view relaxation and educational videos about TT and TPT. The third is the *The River of Time* video accessed by the above-mentioned websites to watch and/or listen to as homework until the next session. The client may also be given other relaxation CDs provided by the therapist to listen to. The breathing technique employed in *The River of Time* helps calm and center the client. However, you are encouraged to use any self-soothing breathing technique you prefer. As you know, repetition of the breathing technique throughout the day causes it to become a habit so when the client begins to feel anxious and remembers to breathe, they can calm themselves and better cope with potential stress.

The Present

In Session 4, the client's symptoms (nightmares, flashbacks, intrusive recollections or thoughts, avoidance, isolation, anger and irritability, hypervigilance or paranoia, sleep deprivation, etc.) are discussed. Understanding how their trauma and the ensuing depression and anxiety affect every aspect of their lives, as well as the lives of those close to them, is an eye opening and sometimes upsetting experience for the client.

Due to the client's PTSD symptoms, their relationships generally suffer after a trauma and so these relationships are individually examined and discussed. We start with a review of the relationship prior to the accident. Pre-trauma thoughts, feelings and emotions about the other person are shared by the client. Then we move into the current status of the relationship, which again, can be very painful for the client to recount. Feelings of guilt and negligence abound. Most of our chronic/severe PTSD clients are so caught up in their depression and anxiety there is no room for anyone or anything else but the black hole in which they have found themselves post-trauma. But we haven't met with one PTSD client who hasn't wanted to improve their PTSD battered relationships.

At this point, it may be a good idea to schedule a session with the PTSD client's significant other and/or close family members in order to familiarize them with PTSD, how it has affected their loved one as well as those in their loved one's circles (family, social, occupational). These sessions are similar to the first TPT session attended by the client with brief explanations of PTSD, TT and TPT. The client is given the option to attend these sessions or not. Sometimes the client sits in on the first portion of the session and then asks to be excused because it is too painful to hear loved one(s) describe the client's PTSD symptoms and behavior. The client's family member(s) are asked to go to the websites mentioned above for additional information and to watch *The River of Time* and, if they are interested, to listen to the relaxation CDs given to the

client. They are asked to be patient with and compassionate toward the client, especially during the first weeks or months in the TPT process. If the client is comfortable talking about themselves in front of their family member(s), then the family member(s) are welcome to sit in on future TPT sessions with the client to assist in the client's healing process.

The Future

In Session 5, once all the skeletons are out of the closet (Past Negatives) and have been examined (Present Fatalistic/Hedonistic behaviors) it's time to lay them to rest and move on by making first short and then long range plans for a positive, brighter Future. In each succeeding session, focus is first on handling any recent past problems with emphasis on learning from Past Negatives and focusing on Past Positives. Discussion takes place about how the problems were handled or, if things didn't turn out so good, how they may have been handled better. Next, immediate day to day problems are discussed and plans to tackle them are formulated. Then plans are made for the next day, and then the next week, then the next month – you get the idea – until plans for a far Future Positive are sketched out. These Future Positive Plans must include some selected Present Hedonism to offset the Present Fatalism most have been stuck in. These “fun” things can take the form of anything from getting a pedicure, watching a comedy on the movie channel to taking a turn on the swings at the park with the kids.

Back to the Future

Session 6 and beyond - When a wrong turn is made or a side path taken while on our TPT journey to a brighter Future Positive, and we can pretty much guarantee this will happen at least once during TPT, then we review the client's patterning – why and how they got off course. Then we press “re-set” by going over how the situation may have been handled differently and garnered more positive results. We get back on the right road and resume our voyage to a Future Positive.

Through follow up psychological test results, we know our job is done when the PTSD client consistently has more Past Positive thoughts than Past Negative, is following through with Future Positive Plans while taking care of Present business and enjoying themselves with selected Present Hedonism.

Session 1

Overview

Very likely, you will have already established rapport with your client in previous therapeutic sessions and may wish to introduce them to this new therapy. The following is intended for new clients. However, you can easily adapt each TPT Session for your established client.

In Session 1 you'll give your client an overview of what will occur in this and the following five sessions. (Note: The client may want to discuss their trauma in detail. We suggest you ask your client to share an abbreviated version and assure them that you will cover their trauma in detail during Session 3. However, if your client insists on reviewing their trauma in Session 1, be flexible. If their disclosure causes you to proceed out of sequence, you can easily resume in subsequent sessions – See **Epilogue Offroading**.) In this session you will introduce your client to Zimbardo's Temporal Theory, the Zimbardo Time Perspective Inventory (ZTPI) and Time Perspective Therapy (TPT).

1. **PTSD** - Start by explaining PTSD consists of three components:
 - Trauma which leaves a person feeling
 - Depressed and
 - Anxious.

Tell your client you will administer psychological tests in the following session to determine whether or not your client suffers from PTSD and if so, to what degree – a little or a lot.

2. **Zimbardo's Temporal Theory**

Developed by Philip Zimbardo over three decades, Temporal Theory divides the three known time zones - Past, Present and Future into subcategories:

Past-oriented people make decisions based on negative or positive memories of similar situations.

- Past Negative –past negative people focus on all the things that went wrong in the past. “It doesn’t matter what I do, my life will never change.”
- Past Positive – past positive people focus on the good things that happened - “good old days.” They may keep scrapbooks, collect photos and look forward to celebrating traditional holidays.

Present-oriented people take immediate action based on pleasure or avoidance, without thought for consequences.

- Present Hedonism – present hedonistic folks live in the moment – seeking pleasure, seek novelty, and sensation, and avoiding pain; they may have an addictive personality.
- Present Fatalism –people feel that decisions are moot because predetermined fate plays the guiding role in life: What will be, will be. In the extreme, they believe “nothing good happens in my life.”

Future-oriented people:

- Future Negative (Fatalistic or No Future) – the end of the world is happening; “I don’t think about the future at all – I live day by day.”
- Future Positive – future oriented people plan for the future and trust that their decisions will work out. They make decisions based on a reasoned assessment of the future consequences, engaging in cost vs. benefits reasoning.
- Transcendental Future – oriented people have faith that a better time is coming after death, and plan for this after life during their current life time.

3. **ZTPI** - Zimbardo, along with his student, John Boyd, created the Zimbardo Time Perspective Inventory, a test comprised of 56 questions that gives you and your client an idea of your client’s different time perspectives scores. Your client will take the ZTPI along with the three tests mentioned in 1. above in the next session.

4. Time Perspective Therapy - Explain how people suffering from PTSD are generally normal people who have been through a trauma that changes nearly every aspect of their lives. Overreaction to situations that prior to the trauma would have been handled with ease is common in PTSD sufferers. The key is: Equal and Opposite Action for Reaction; in other words, to gain mental wellbeing, counteract negativity with positivity.

Conclude the session by suggesting the client visit www.thetimeparadox.com, www.timecure.com, and www.lifehut.com for more information and to view the *River of Time* video which was specially created to assist your client in the TPT process. Your client's homework is to view *The River of Time* once a day until the next session. Explain that the video contains a breathing technique that is an important part of their TPT; they are to learn and practice this breathing technique. (Note: if you have practiced a specific breathing technique during previous therapy with your client, there is no need to change to the suggested TPT technique.)

If you have time, take your client to the websites mentioned above to familiarize them.

Session 2

Zimbardo Time Perspective Inventory (ZTPI) and PTSD Psychological Tests

Begin Session 2 by asking if the client was compliant in viewing *The River of Time* video. If they have been compliant, ask them to practice the breathing technique explained in the video throughout the day and especially whenever they are feeling anxious or stressed. This will help calm them and allow them to think more clearly.

If they have not been compliant, reiterate the importance of watching the video as it contains a breathing technique that is helpful in dealing with stress and anxiety. The ability to easily access a breathing method to slow the fight or flight response experienced by those suffering from stress is an integral part of TPT. Practicing the breathing technique can be likened to daily personal maintenance and should become a habit, such as brushing one's teeth or washing one's hands.

In Session 2 you'll want to confirm to the best of your ability your client suffers from PTSD. This is accomplished by administering the ZTPI as well as a trauma, anxiety and depression tests. We use the Post-trauma Check List - Civilian (PCL-C) if working with a civilian client or Post-trauma Check List - Military (PCL-M) if working with a military service person or veteran client, the Burns Anxiety Inventory (BAI) and the Burns Depression Checklist (BDC). We've found it most helpful to use paper copies of the ZTPI. This allows you to keep the copy in your client's file for future reference. The ZTPI is included on three separate pages for your use in printing paper copies on the following pages. Be sure to write your client's name and the date at the top of all of their psychological tests.

During this session:

1. Explain test scoring - psychological tests may score differently, be sure to explain how each test is scaled. For example, the Burns Depression and Anxiety tests are on a 0 - 3 scale with 0 = "not at all" (no symptoms), 1 = "sometimes" (minimal symptoms), 2 = "moderately" (moderate symptoms) and 3 = "a lot" (severe symptoms).

However, the PCL-C and PCL-M trauma scale is from 1 - 5 with 1 = "not at all" (no symptoms), 2 = "a little bit" (minimal symptoms), 3 = "moderately" (moderate symptoms), 4 = "quite a bit" (severe symptoms) and 5 = "extremely" (extreme trauma symptoms).

ZTPI scales are as follows: 1 = Very Untrue, 2 = Untrue, 3 = Neutral, 4 = True 5 = Very True.

2. Administer psychological tests and ZTPI - Ask your client each item on the trauma, depression and anxiety tests and total the scores. When administering the ZTPI, your client may get stuck in thoughts or feelings. Make a note of the areas you or your client may wish to explore later and continue with the ZTPI until all 56 questions have been answered. If your client is having difficulty deciding on an answer, then mark #3 (neutral) and move on to the next item.

Some clients may wish for privacy and ask to take the psychological tests and ZTPI on their own. If this is the case, please allow them ample time (perhaps the entire session), to finish the tests.

3. Explain you will review results at next session - Upon completion of the tests, explain to your client you will review the results in the next TPT session. If you have additional time in Session 2, consider exploring one or more of the areas of concern you marked earlier in the ZTPI.

4. Review prior to next session - Prior to Session 3, review your client's trauma, depression and anxiety scores to determine the depth of their PTSD. For the ZTP, go to the www.thetimeparadox.com website and input your client's responses to each ZTPI

statement. Be sure to answer all the questions including follow up info. Print up your client's scores and the graph, plot your client's scores on the graph and staple to the front of your client's hard copy ZTPI; note which scores are highest and lowest.

5. Manual ZTPI testing - For those who do not have access to a computer or the internet, a Scoring Key is provided for manual scoring in the pages following the ZTPI.

ZTPI QUESTIONNAIRE

	1 Very Untrue	2	3 Neutral	4	5 Very true
1. I believe that getting together with one's friends to party is one of life's important pleasures.					
2. Familiar childhood sights, sounds, and smells often bring back a flood of wonderful memories.					
3. Fate determines much in my life.					
4. I often think of what I should have done differently in my life.					
5. My decisions are mostly influenced by people and things around me.					
6. I believe that a person's day should be planned ahead each morning.					
7. It gives me pleasure to think of my past.					
8. I do things impulsively.					
9. If things don't get done on time, I don't worry about it.					
10. When I want to achieve something, I set goals and consider specific means for reaching those goals.					
11. On balance, there is much more good to recall than bad in my past.					
12. When listening to my favorite music, I often lose all track of time.					
13. Meeting tomorrow's deadlines and doing other necessary work come before tonight's play.					
14. Since whatever will be will be, it doesn't really matter what I do.					
15. I enjoy stories about how things used to be in the "good old times."					
16. Painful past experiences keep being replayed in my mind.					
17. I try to live my life as fully as possible, one day at a time.					
18. It upsets me to be late for appointments.					
19. Ideally, I would live each day as if it were my last.					

20. Happy memories of good times spring readily to mind.					
21. I meet my obligations to friends and authorities on time.					
22. I've taken my share of abuse and rejection in the past.					
23. I make decisions on the spur of the moment.					
24. I take each day as it is rather than try to plan it out.					
25. The past has too many unpleasant memories that I prefer not to think about.					
26. It is important to put excitement in my life.					
27. I've made mistakes in the past that I wish I could undo.					
28. I feel that it's more important to enjoy what you're doing than to get work done on time.					
29. I get nostalgic about my childhood.					
30. Before making a decision, I weigh the costs against the benefits.					
31. Taking risks keeps my life from becoming boring.					
32. It is more important for me to enjoy life's journey than to focus only on the destination.					
33. Things rarely work out as I expected.					
34. It's hard for me to forget unpleasant images of my youth.					
35. It takes joy out of the process and flow of my activities if I have to think about goals, outcomes, and products.					
36. Even when I am enjoying the present, I am drawn back to comparisons with similar past experiences.					
37. You can't really plan for the future because things change so much.					
38. My life path is controlled by forces I cannot influence.					
39. It doesn't make sense to worry about the future, since there is nothing that I can do about it anyway.					
40. I complete projects on time by making steady progress.					

41. I find myself tuning out when family members talk about the way things used to be.					
42. I take risks to put excitement in my life.					
43. I make lists of things to do.					
44. I often follow my heart more than my head.					
45. I am able to resist temptations when I know that there is work to be done.					
46. I find myself getting swept up in the excitement of the moment.					
47. Life today is too complicated; I would prefer the simpler life of the past.					
48. I prefer friends who are spontaneous rather than predictable.					
49. I like family rituals and traditions that are regularly repeated.					
50. I think about the bad things that have happened to me in the past.					
51. I keep working at difficult, uninteresting tasks if they will help me get ahead.					
52. Spending what I earn on pleasures today is better than saving for tomorrow's security.					
53. Often luck pays off better than hard work.					
54. I think about the good things that I have missed out on in my life.					
55. I like my close relationships to be passionate.					
56. There will always be time to catch up on my work.					

The Zimbardo Time Perspective Inventory (ZTPI)

Psychometrics and Scoring Key

(5-Factor Solution; 36.0% of variance explained)

(N=606)

Scoring Instructions

Before scoring the ZTPI, 5 items must be reverse coded. For the items that are reverse coded (9, 24, 25, 41, & 56):

“1” becomes a “5”

“2” becomes a “4”

“3” becomes a “3”

“4” becomes a “2”

“5” becomes a “1”

After reverse coding the 5 items, add your scores for the items that comprise each factor. After adding your scores for each factor, divide the total score by the number of questions that comprise each factor. This results in an average score for each of the five factors. These are the formulas (we suggest you use a calculator!):

Past Negative

Add your scores on items 4, 5, 16, 22, 27, 33, 34, 36, 50, & 54. Then divide this number by 10.

Present Hedonistic

Add your scores on items 1, 8, 12, 17, 19, 23, 26, 28, 31, 32, 42, 44, 46, 48, & 55. Then divide this number by 15.

Future

Add your scores on items 6, 9 (reverse coded), 10, 13, 18, 21, 24 (reverse coded), 30, 40, 43, 45, 51, 56 (reverse coded). Then divide this number by 13.

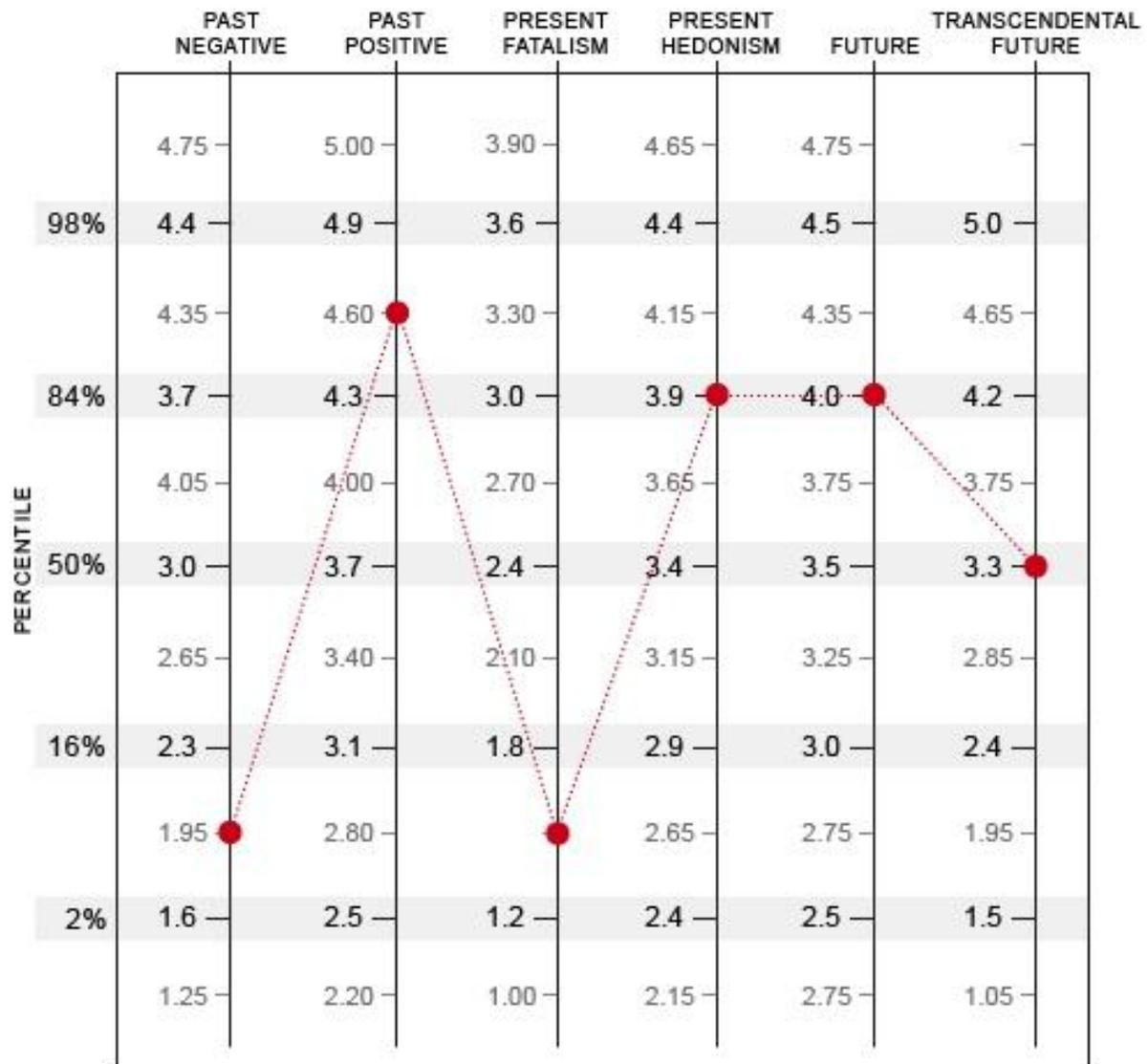
Past Positive

Add your scores on items 2, 7, 11, 15, 20, 25 (reverse coded), 29, 41 (reverse coded), & 49. Then divide this number by 9.

Present Fatalistic

Add your scores on items 3, 14, 35, 37, 38, 39, 47, 52, & 53. Then divide this number by 9.

Make copies of the following page and plot your client's scores on the following:



TIME PERSPECTIVE PROFILE SCORE SHEET

DATA AS OF AUGUST 4, 2008

●..... IDEAL TIME PERSPECTIVE

Session 3

The Past: Past Negative to Past Positive

- 1. Review** - Begin Session 3 by lightly touching upon your client's compliance with practicing the breathing technique on a daily basis. Ask if they have had the opportunity to employ it during times of stress. If they have, ask if they found it helpful and if not, discuss why. Reiterate the importance of continued practice in order to make it a part of their daily routine.
- 2. Test Results** - Next, share your client's psychological (trauma, depression and anxiety) test results. Explain their scores (minimal to no, minimal, moderate, severe or extreme.) If their scores are severe to extreme and this is upsetting to them, assuage their apprehension by telling them you will work together to improve their symptoms.
- 3. ZTPI** - Show your client their ZTPI graph. PTSD sufferers usually have high Past Negative scores because their trauma keeps them stuck in their traumatic past. Their second highest score is generally Present Fatalistic or Present Hedonistic.
- 4. High Scores** - Explain the one or two highest scores. Past Negative/Present Fatalistic, Past Negative/Present Hedonistic, Past Negative/Future (Fatalistic) – These high score combinations are the hallmarks of trauma, depression and/or anxiety.
- 5. Low Scores** - Explain the one or two lowest scores. Past Positive/Present Hedonistic, Past Positive/Future (Positive) – These low score combinations are also the hallmarks of trauma, depression and/or anxiety.
- 6. Comparison** - Compare and discuss your client's scores with the suggested scores on the ZTPI graph then use the **IDEAL TIME PERSPECTIVE/EMOTIONAL DISTRESS** illustration below to explain:

Emotional Distress: The stop signs in this graph describe a person whose time perspective is as follows:

High past negative: Bothered by the past.

Low past positive: Nothing is good about the past.

High present fatalism: Nothing can change my fate, so I give up.

Low present hedonism: Nothing is good about my life right now.

Low future: I avoid the future and fear it.

Low transcendent future: When I die, that's it.

This time perspective signature describes many people with PTSD. They dwell on and magnify bad past experiences and minimize any good past experiences. They believe that there is no conceivable way to change their view of the past or their experience of the present and future. In fact, the future looks like a repeat of the bad experiences of the past. Their sense of fatalism feeds and perpetuates their feelings of depression, anxiety, and trauma.

Emotional Wellbeing: The stars in the graph represent the time signature of an individual who enjoys an inner sense of wellbeing:

Low past negative: The stuff that happened in my past wasn't so bad.

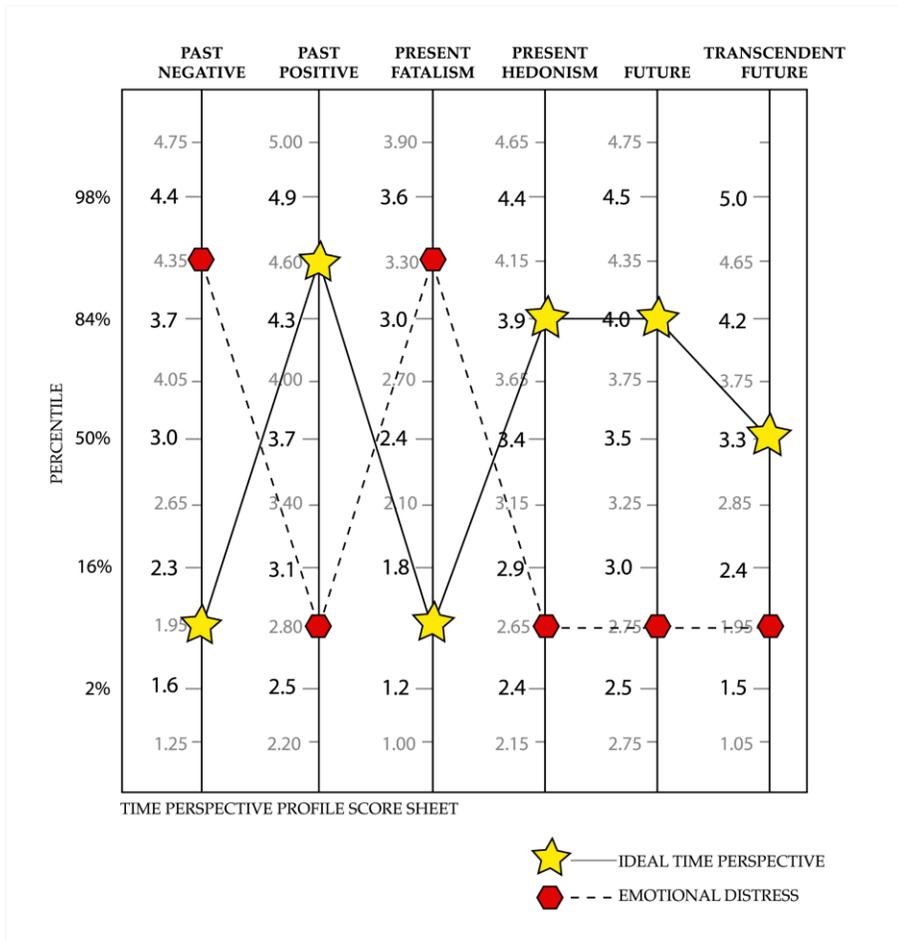
High past positive: I enjoy thinking about the past.

Low present fatalism: I can make things better if I try.

High (selected) present hedonism: I love life; I enjoy my significant others.

High future: The best is yet to come.

Moderate future transcendent: There is an afterlife and it's good.



7. **Sharing** - Ask your client to share with you a few past positive memories. If they have difficulty remembering anything positive, explain that they do indeed have past positive memories but these have been overshadowed by their past negatives; thus effectively negating positive recollections.

If your client has undergone severe trauma, it's best to ask them to recall past positives prior to the trauma. If they still cannot recall a past positive, suggest they imagine if they could have had a past positive experience, what would it have been like. These two suggestions will likely lead them to remembering an actual past positive, followed by additional positive memories.

8. **Explain** - to your client whenever they have a past negative flashback or thought they ought to immediately replace it with one of their past positive memories. Use

specific individualized examples for your client; e.g., if your client was in a motor vehicle accident and has flashbacks while driving, ask them to recall a positive experience while driving, such as singing along to a favorite song on the radio or enjoying the anticipation of reaching their destination.

9. **Practice** - replacing past negatives with past positives with your client. If there is time remaining in the session, revisit one or more of the areas of concern you noted when your client took the ZTPI.

Session 4

The Present: *Present Fatalism/Hedonism to Selected Present Hedonism*

- 1. Review** - Begin Session 4 by checking your client's progress of replacing past negatives with past positives. If they have been having trouble, ask them to explain exactly what happens when they are having difficulty. If they find it impossible to replace a severe traumatic flashback with a positive past experience, spend time reviewing past positive memories until they can easily recall them. Then ask them to practice recalling past positives throughout the day so that when a past negative creeps in, they can more easily draw upon the past positive memory(ies).
- 2. Selected Present Hedonism** - You and your client will employ selected present hedonism to offset extreme present hedonism or present fatalism. Also, pro-social behavior is an important aspect of TPT and is greatly encouraged. It offsets the tendency toward self-imposed isolation (anti-social behavior) - experienced by many suffering from PTSD.

Ask your client what they enjoy doing. If they don't do anything other than work and/or isolate at home, ask them what they enjoyed doing prior to their trauma. Then ask them to consider taking up that activity again. If they are unable to do so for whatever reason, for example, an acquired disability, explore other feasible options.

Here are some suggestions to kick off pro-social present hedonistic behavior:

- a) Reconnect via telephone or e-messaging with a family member or friend whom your client has not felt like speaking with since the trauma;
- b) Having a daily meal with family members or a friend instead of isolating in their room or at home;
- c) Participating in community or social functions that used to be of interest your client;

d) Explore the possibility of a pet such as a small dog or cat;

e) Grow a little, easy to tend garden; many herbs and plants can be grown indoors.

3. Pro-Social Behavior - If appropriate, you may wish to discuss with your client the possibility of bringing a family member or members into subsequent sessions to assist your client in the therapeutic process. During the family session(s), briefly explain TT and the TPT process so the family members understand what your client is going through.

4. Revisit - If there is ample time remaining in the session, revisit one or more of the areas of concern you noted when your client took the ZTPI.

5. Session Conclusion - End the session on an up note by reinforcing that you are working together in the TPT process to help your client learn simple and do-able ways to improve their life in the Present.

Session 5

The Future: *Future Fatalism to Future Positive*

1. Review - Begin Session 5 by checking your client's progress:

- a) Replacing past negatives with past positives.
- b) Review their selected present hedonism/new pro-social behaviors.

Discuss what they have been doing in these areas to improve their lives. If they are having difficulty, find out why and make appropriate suggestions; review Session 4. #5.

c) Explain how good memories lead to Past Positives which are processed in the Present. While in the Present your client can create hopes and dreams and work toward a bright Future Positive.

2. Assist - your client in making both short and long range plans for their brighter future. So this is not an overwhelming task, start with their plans for the following day, followed by the week, the next two weeks, and so on. If they have difficulty with accomplishing daily activities due to lack of concentration and pace, suggest they make a list of things they'd like to accomplish; e.g., organizing and paying bills, shopping, attending physician/therapist appointments, selected household chores, spending time with important people in their lives. The list can be made and updated daily or weekly. Explain that there is no pass or fail - but that the goal in this process is to accomplish one or two of the items on their list each day thereby proving to them selves that they are capable of planning for their future and following through with their plans.

Areas to cover are occupational as well as social (family, friends and acquaintances.)

5. Revisit - If there is time remaining in the session, revisit one or more of the areas of concern you noted when your client took the ZTPI.

Session 6

Balanced Time Perspectives Review

- 1. Review** - Begin Session 6 by checking your client's progress. By this time, they should be practicing their breathing technique on a daily basis. They should also be able to replace their past negatives with past positives. However, if they are continuing to have difficulty, review Session 4. #1. Your client should also be well on the way to practicing selected present hedonism/new pro-social behaviors. Discuss their progress. If they are having difficulty, discuss why and make appropriate suggestions; review Session 4. #5. Review their future positive goals. Were they able to meet their short term goals? If not, find out why and review Session 5. #4.
- 2. Reinforce** - that previously, your client's PTSD had kept them locked in their past negative trauma but hopefully they have made good progress at reframing their past and are now equipped to plan for their brighter Future Positive while living in a more fulfilling present.
- 3. Revisit** - If there are any areas of concern you noted when your client took the ZTPI in Session 2, now is the time to address them. At this point in the TPT process, your client may see that these are old issues your client has learned to deal with through TPT. If an issue is more deep-seeded (e.g., abuse of any type - drug or alcohol, physical, sexual or mental) then additional therapy may be necessary. Assure your client you will continue to work with them on this/these issue(s) in future therapy.
- 4. Session Conclusion** - During this, or a follow up session, you may want to ask them to take the ZTPI once again. Scores may be reviewed and compared to your client's previous ZTPI score administered in Session 2. You will know your client understands and is implementing TPT in their lives if their scores have improved.

Epilogue

Off-Roading

Although we have used a logical progression in the development of each session, one of the beautiful things about TPT is the ability to move freely from one Time Perspective to another. We have found in our private clinical practice that some clients require additional time during one or more steps in the TPT process, or certain time perspectives may require immediate attention, superseding the suggested progression. The former usually occurs during Session 1 at which time the client's need to review Past Negative trauma(s) replaces the therapy process shared in this guide. However, in TPT, the client's trauma is treated with great respect and so if you have to spend two or more sessions reviewing the patient's trauma and how it has affected their life, please do so. But by the fourth session we suggest getting back on track with the TPT process as described.

The latter may occur when immediate present or future needs supplant the suggested TPT process. This is rare, but when it has been the case with our clients, we've been able to leap from Session 1 to Session 5 then back to Sessions 2, 3 and 4 with a refresher Session 5 and concluding with Session 6 – all with good results. So feel free to improvise as needed.

We are interested in hearing how TPT is working for you! Please contact us at www.timecure.com.

Wishing you all the best!