

ARPT™ Treatment Plan

Client Information:

Client Name:

Age:

Gender:

Presenting Problem:

Treatment Plan Overview:

The treatment plan will follow the seven-step journey of Attachment Repair and Processing Therapy (ARPT)™, aimed at transforming insecure attachment patterns into secure ones, enhancing self-relationship, and improving interpersonal dynamics.

Step 1: History and Assessment

Objective: Identify maladaptive attachment strategies and significant relationships.

Method:

- Conduct comprehensive assessment using ARPT Attachogram™.
- Explore the client's history of trauma, neglect, and relationship dynamics.
- Distinguish between attachment as a survival strategy and nurturing connection.

Expected Outcome: Detailed understanding of the client's attachment history and strategies.

Step 2: Attachment Resourcing Process

Objective: Establish a healthy relationship with self and identify Attachment Resources (ARe-S).

Method:

- Facilitate recognition of client's patterns with caregivers and partners.
- Initiate the Attachment Reassurance (AR) process.

Expected Outcome: Identification of multiple Attachment Resources for repair and neural pruning.

Step 3: Attachment Mapping and Blueprints

Objective: Map out client's Attachment and Relational Blueprints.

Method:

Use ASSI™ for mapping individual/couple's blueprints.

Analyze impact of these blueprints on current relationships and agreements.

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Expected Outcome: Understanding of past attachments' influence on current dynamics.

Step 4: Attachment Repair Process

Objective: Address and understand attachment states, strategies, and interactions.

Method:

- Explore issues of anxiety, avoidance, neglect, and abandonment.
- Examine barriers to secure relationships with self and others.
- Identify relational insecurities and corresponding beliefs.

Expected Outcome: Insight into attachment patterns and initiation of repair strategies.

Step 5: Attachment Processing Process

Objective: Establish a secure base within individual and couple dynamics.

Method:

Process attachment interactions using ARPT interventions and Adaptive Information Processing. Implement new attachment agreements with self and partner. Use Attachment Resources to address identified traumas and losses.

Expected Outcome: Resolution of attachment issues and establishment of secure bonds.

Step 6: Re-evaluation of Attachment Repair and Processing

Objective: Reassess and solidify attachment repair strategies and agreements.

Method:

Review attachment maps and strategies. Assess for residual trauma or relational disturbances. Fully implement refined attachment strategies.

Expected Outcome: Establishment of secure and healthy attachment patterns.

Step 7: Closure

Objective: Celebrate the transition to secure attachment patterns.

Method:

Reflect on journey and growth. Expand adaptive attachment patterns and maps.

Expected Outcome: Enhanced self-confidence, secure relationships, and improved relationship quality.

Follow-Up and Continued Support:

Regular Follow-Up Sessions:

Additional Support: Provide referrals or resources for ongoing support as needed.

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