**Deriving Treatment Recommendations**

Think about your patient and identify the following. Examples are provided on the following page if you would like to review.

1. Which SCORS-G dimension(s) are the greatest area of vulnerability for your patient (remember to consider range as this may inform context)?
2. What treatment recommendations may be indicated based on your responses to #1.
3. Which SCORS-G dimension(s) are areas of strength (remember to consider range as this may inform context)?
4. What treatment recommendations may be indicated based on your responses to #3.

**Examples of General Recommendations**

|  |  |
| --- | --- |
| **SCORS-G Dimension Range** | **Possible Recommendation Bullet Points** |
| Low COM & SC | 1. Utilize More Concrete Interventions
2. Increasing Reality Testing
 |
| Low AFF & EIR | 1. Focus on Therapeutic Alliance
2. Importance of Therapeutic Frame and Boundaries
 |
| High EIR | 1. Relationally Oriented Treatment Approach
2. Reference Good Objects/Important Others
 |
| Low AGG | 1. Skills Based Treatment (anger management)
2. Safety Planning
 |
| Mid AGG | 1. Increase Self-Assertion
 |
| Low SE | 1. Increase Self-Compassion
 |

**Example recommendation as applied to a specific patient**

* Re-establish interpersonal connection (EIR, AFF, COM)
	+ Increase engagement with others (cognitively, emotionally, and behaviorally)
	+ Observe when she is experiencing increased urges to socially isolate
	+ Explore when she feels more/less connected to others
* Increase management of anger (AGG and SE)
	+ Explore
		- her ability to acknowledge and productively process anger
		- connection between experiences of anger and self-blame
		- barriers to owning experiences of anger
	+ Provide psychoeducation and specific tools she can use in the moment to soothe herself when feeling angry