**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