

Affective Expression and Modulation:

1. Expand emotions vocabulary including emotions related to trauma experience
2. Identify physiological response to emotions including emotions related to trauma experience
3. Determine internal trauma reminders- how body can sometimes accidentally trick brain into thinking there is danger when there isn't
4. Gauge emotional intensity including emotions related to trauma experience
5. Practice using relaxation strategies to modulate affective intensity
6. Teach parents emotion coaching