

Jeopardy Game creator <https://www.playfactile.com/>

Title to search by: Tfcbtdeeperpsychoeducation

<https://www.playfactile.com/tfcbtdeeperpsychoeducation/play>

More About You!

Favorite/Least Favorite Food?

Favorite/Least Favorite Subjects in School?

If you could travel anywhere for a vacation- where would you like to go?

If you had a million dollars- what would you do?

Describe your idea of an awesome day.

Traumatic Experiences

What is trauma?

There are different ways to describe- example: "a deeply distressing or disturbing experience."

What are some examples of traumatic experiences?

Lots of different kinds of traumatic experiences including witnessing or being involved in- car crash, neglect, violence, Domestic Violence, Abuse (emotional, physical, and/or sexual), separation or death of a loved one, etc....

How do kids end up in foster care?

Neglect (not enough food, clothing, shelter, healthcare, and/or supervision), Unsafe living situation (ex- substance use in home), Domestic Violence, Abuse (emotional, physical, and/or sexual)

Some kids experience situations that didn't feel safe with people who were supposed to keep them safe.

How do kids feel when this happens?

Confused, sad, hurt, betrayed, angry, disappointed, frustrated, etc....

Why do some kids NOT tell about trauma?

Lots of reasons why some kids do not tell including being told/threatened not to tell, trying to protect person/parent involved, feeling embarrassed or ashamed, etc....

## MORE ABOUT TRAUMA

What is neglect?

Neglect (not enough food, clothing, shelter, healthcare, and/or supervision)

What is Domestic Violence?

violent or aggressive behavior within the home, typically involving the violent abuse of a spouse or partner

What “counts” as child sexual abuse?

Child sexual abuse is a form of child abuse in which a child is abused for the sexual gratification of an adult or older adolescent. It includes direct sexual contact, the adult or otherwise older person engaging indecent exposure (of the genitals, female nipples, etc.) to a child with intent to gratify their own sexual desires or to intimidate or groom the child, asking or pressuring a child to engage in sexual activities, displaying pornography to a child, or using a child to produce child pornography (pictures or videos)

Shorter answer version so it fits in the game format below:

child abused for sexual gratification of an adult or older adolescent- direct sexual contact, indecent exposure to a child with intent to gratify their own sexual desires or to intimidate or groom the child, asking or pressuring a child to engage in sexual activities, displaying pornography to a child, or using a child to produce child pornography (pictures or videos)

Why do some kids get abused and others don't?

No specific reason. NEVER the child's 'fault'. Risk factors (alcohol/drug abuse, lack of supervision, family issues/past abuse, etc.)

How are some kids 'tricked' by abusers?

Abusers are often caregivers or adults in the child's life. Children can be 'groomed' (building trust, promises/buying things, threats)

## Trauma Symptoms

What are some examples of trauma symptoms?

Lots of examples- anxiety, depression, tense muscles, fear, intrusive thoughts, bad dreams, etc...

Do you think most people experience some type of symptoms after a traumatic event?

Yes- most people experience some symptoms (mild to intense, short-term to longer lasting)

What do kids learn about themselves, others, and the world when they have traumatic experiences?

Lots of different examples: self-esteem, trust, fear, etc...

How does abuse impact relationships? (current relationships and future relationships)

Lots of different examples: trust issues, fear, confusing, etc...

What helps manage symptoms?

Lots of things can help! (including counseling, TFCBT!, relaxation, positive supports)

## Relaxation

What is relaxation?

Decrease in tension in the body, decrease in anxiety

What are some of your favorite ways to relax?

Do all relaxation strategies work well for all people and situations?

Not always! (Depends on the person and situation!) BUT- practicing different relaxation strategies (especially at 'calm' times) can be helpful so you have different options for different situations.

True or False? Mindfulness is paying attention, on purpose, in the present moment, non-judgmentally to help with self-understanding and wisdom.

Why do you think "Progressive Muscle Relaxation" (tensing a muscle, breathing, and then relaxing the muscle) helps with tension/stress?

## WHAT IS HELPFUL AND NOT HELPFUL

What is something a person could say or do to help someone that has a trauma history?

Lots of things can help!

What is something a person could say or do that IS NOT helpful someone that has a trauma history?

Lots of things can be unhelpful (examples- "just get over it", "it wasn't that big of a deal", "so-and-so went through the same thing and they are fine")

What helps with/after a 'trauma reminder' (can include bad dream, thought, image, sound, smell, taste, sensation, date/anniversary, etc)

Lots of things can help!

What DOES NOT help with/after a 'trauma reminder' (can include bad dream, thought, image, sound, smell, taste, sensation, date/anniversary, etc)

Lots of things can be unhelpful

What do foster parents need to know about trauma to be helpful?

Your recommendations....

Final Question:

What is something you would like me to know about you?