

## **Trauma Narration Chapter Ideas** (Jennifer Wilcoki, LCSW)



- Title Page- might change during process
- Introduction (about me, my family, my favorite..)
- Good Memories (before trauma, with family, with abuser)
- Trauma Details- events of trauma, disclosure, first time, worst time, time you thought you'd never tell anyone about, court, medical exam, police involvement
- Wrapping Up/Positive Ending (meaning making, what I learned, how to get through it, advice to other kids)

## **Other Possible Choices to Build the Hierarchy**

- A positive time with your father (perpetrator) or child sexual abuse in general
- Child sexual abuse in general or the first time you told
- The first time you told or the time you went for a medical exam
- The time you went for the medical exam or the first time your father gave you a sexual touch
- The first time your father sexually abused you or the last time he sexually abused you
- The last time he abused you or the worst/scariest time he abused you