

Relaxation:

1. Using your assessment results, determine with client and caregiver the most important symptoms to target for treatment- necessary to use trauma assessment results so you are not tracking symptoms not related to trauma!
2. Operationalize those symptoms
3. Begin tracking those symptoms weekly
4. Do a functional analysis of each symptom, attending to:
 - a. Trauma reminders that trigger symptom
 - b. Strategies (healthy and unhealthy) client already uses to manage symptom
 - c. Parenting responses caregiver already uses to manage symptom (or accidentally exacerbates symptom)
5. Teach new relaxation strategies
6. Practice relaxation strategies in session
7. Add in gradual exposure and practice strategy again to ensure it works!
8. Write down new info you learned about trauma experience
9. Assign homework to practice relaxation strategy at home