

## NC CTP Trauma Narration Cue Card

### PROMPTS:

- Prompts to flesh out details and get them back in the moment:
  - Tell me what was happening frame by frame.
  - And then what happened?
  - Tell me more about \_\_\_\_\_.
  - “I wasn’t there and I want to be able to see it just like you did”
  - I want to know all about...
  - Repeat the part about...
  - Tell it to me like a story/movie, frame by frame...
  - “Put me in your skin. I want to be there with you knowing exactly what it was like for you.”
- Sensory details:
  - What did you see?
  - What did you smell?
  - What did you hear?
  - How did your body feel (e.g., muscles, stomach, heart rate)?
- Cognitions:
  - What were you thinking?
  - What were you saying to yourself?
- Affect:
  - What were you feeling?

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### **REMEMBER:**

- Make sure to learn about: thoughts, feelings, sensory and physiology
- Check in on SUDS as needed
- Brief coping skill as needed, then right back to trauma narrative
- Review trauma narrative chapter upon completion
- Don't be too quick to stop and do a coping skill; a SUDS of 4-6 is okay to sit with. You want them to really experience it, instead of "water skiing over sewage."
- Look for the thought behind the thought: "And when you thought \_\_\_\_\_, what else did you think/worry about?"
- PRAISE!!!