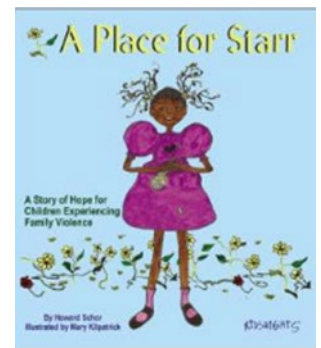
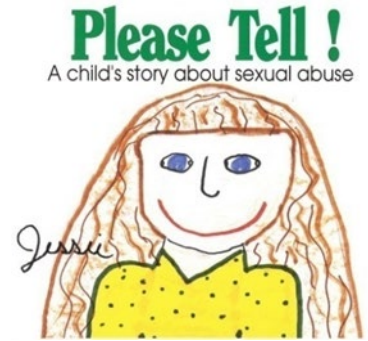
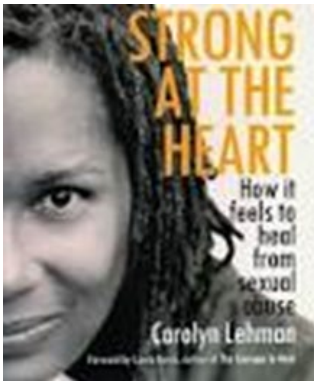


Suggested Steps for Trauma Narration Development

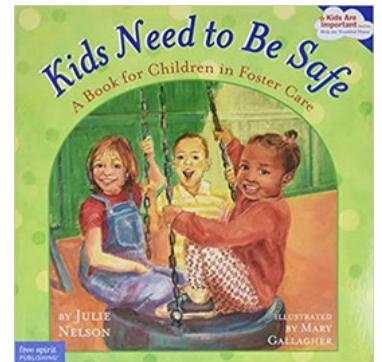
1. Review and celebrate child's successes up to this point in treatment.
2. Introduce rationale.
3. Introduce Trauma Narration by reading a book. (DON'T DO THIS FOR PRESCHOOLERS!!!)
4. Determine the format for the child's Trauma Narration.
5. Initiate TN – more often with limited choice but could also be a hierarchy of chapters to include.
6. Introduce the idea that you will be the child's secretary, move through the narrative slowly.
7. Write a whole chapter the same day that you introduce TN (chapter 1: About Me, etc.)
8. Add thoughts, feelings and physiological sensations.
9. Use coping skills as needed. We are looking for a therapeutic level of distress (SUDS of 4-7).
10. Re-read the TN each session to child as another cycle of gradual exposure.
11. Re-read the TN each session to the parent as part of the gradual exposure.
12. Praise the child often.
13. Have a brief calming/fun activity at the end of session; child should not leave your office dysregulated.
14. Next session, re-read everything the child has written and get SUDS ratings (another cycle of GE). Note SUDS to observe decline.
15. Repeat steps until all chapters are written.
16. After book is completed, have child put the chapters in chronological order.





Great resources to help introduce the idea of trauma narration:

- Domestic violence: A Place For Starr: A Story of Hope for Kids Experiencing Family Violence by Schor
- Sexual abuse for younger children: Please Tell!: A child's story about sexual abuse Hazeldon Foundation (by Jessie)
- Sexual abuse for teens: Strong at the Heart by Lehman
- Foster care: Kids Need to Be Safe by Nelson



Suggested Steps for Trauma Narration with Very Young Children

1. Meet with caregivers alone first.
2. Gather as much accurate information about the trauma as you can.
3. Engage caregivers in discussion about the meaning they would like for child to make of the trauma and how they will talk about it long term?
 - What will be the family's narrative?
 - Work with caregivers to incorporate the family's values into the child's meaning making.
4. Consider the child's current favorite books.
 - How long are they? How many words per page?
5. May use photos of child or of triggers, etc. Start with the setting (have child draw on poster board). Then introduce the characters (have child make puppets using index cards with characters they make, cut out, and tape to the popsicle sticks so they can manipulate them around the scene).

