

Instructions for Use During Psychoeducation (Can be used with socratic questioning)

I just used examples of physical abuse since that's what I was working on with my kid. Her responses to my initial questions often lead me to some of the questions below, but you can tailor this to whatever questions you want depending on what you want to know/what the kid's trauma is.

You can start by having the kid complete the maze depending on age, you can complete it as you go through the different sections, so many possibilities.

1. Start with the coat analogy as the person is going into the maze (aka TFCBT) wearing their coat (learned behaviors/current symptoms).
2. Move clockwise around the maze.
 - a. Question mark: Questions around the trauma (ex. What is physical abuse? Who physically abuses kids? What are examples of physical abuse? Etc)
 - b. Snake vs stick: Questions around reactions to the trauma (ex. How do kids who have been physically abused respond to their abuser? What are ways a kid's behavior changes after being physically abused? How does a kid's body react in the presence of their abuser? Etc)
 - c. Feelings: Questions around feelings associated with the trauma (How do kids feel when being physically abused? How do kids feel towards their abuser? How do kids feel about talking about their abuse? etc)
 - d. Brain: Questions around thoughts and beliefs about themselves, people, and the world, especially after trauma experience (What do kids think about adults in general after being abused? What do kids think about themselves? Etc)
 - e. Trauma Bully: Questions around how experiences with trauma get in the way (How do kids respond to reminders of being physically abused even after they are safe? What kind of reminders make kids think about being abused)
 - f. Group of people: Questions around safety, interactions with other people, more beliefs about other people. (How do people know a kid has been physically abused just by observing them? Who helps kids that have been physically abused? Etc.)
 - g. Beach pic: Questions about their future to assess kid's hope and belief in self, ideas to guide future sessions (What happens to kids that have been abused when they get older? What kind of life can a kid that's been abused have? Etc.)
3. Wrap up and review at the end of session. I did use the maze with this kid to connect it back to TFCBT model, learning new skills, having support through the process, going at your own pace (it's not a race), etc as a way to provide hope that there is a way out and an opportunity to overcome the past.