



## **Goals of Trauma Narration and Processing**

- 1. Habituate to the trauma memory** -- Unpair thoughts, reminders, or discussions of the trauma from overwhelming negative emotion.
- 2. Decrease physical and psychological hyperarousal when exposed to trauma reminders**, thus decreasing need for avoidance and PTSD symptoms.
- 3. Connect affect to the trauma memory.**
- 4. Organize trauma memory and recall**
- 5. Share trauma-related cognitions.**