

Suggestions for Preparing Caregivers for the Conjoint Trauma Narrative Session

- 1. You should have read the trauma narrative several times with the caregiver separately before sharing in the joint session.**
 - a. “What parts do you think will be hardest for you to hear in your child’s voice?”
 - b. “What coping skill will you use if you’re distressed?”
- 2. Prepare them to specifically praise the child and model talking openly and comfortably; have a plan for any areas of concern – this will require Role Play! Consider helping the caregiver reflect and validate child’s feelings too.**
 - a. “How can you let _____ know how proud you are of his/her effort?”
 - b. “Why do you think it’s important for your child to know you know this?”
 - c. “How will sharing this impact his/her future relationship with you and others?”
 - d. “Which parts might be the most challenging for your child to share?”
 - e. “How can you support your child’s success doing that?”
- 3. Scaffold parents who need it: letters, notes at bottom of each page (on their own copy):**
 - a. Active listening – reflecting feelings is just as important as specifically praising the child; being in the moment – help them practice giving their undivided attention to their child and truly listening.
 - b. Let them know you’ll structure it so there is a pause between chapters for them to respond.
 - c. Make a plan for how they will explain tearing up if it happens: “I’m so sorry this happened to you, but I’m also so full of pride. I’m so proud in this moment to be your mom/dad/grandma/foster parent.”