

Filling in the gaps:

• What was your body doing?

Muscles

Heart

Stomach

- What feelings did you have?
- What thoughts did you have?

Filling in the gaps:

- What did you see?
- What did you hear?

Were people talking?

What were people saying?

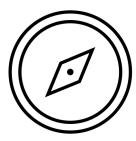
Music?

TV?

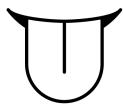
- What did you feel?
- What did you taste?
- What did you smell?
- What position was your body in?













Chapters for Trauma Narration Development:

About me

A good memory before the trauma (optional)

The specific traumatic event (this may be multiple chapters but not necessarily every traumatic event. It must be the events that are most difficult to talk about)

A good memory before the trauma history (in cases of Complex Trauma)

What life is like now and what I have learned/Advice to other kids who have experienced the same trauma

Guidelines for Trauma Narration Development

Ask open-ended questions and let client share as much as they can before asking for more specifics

Organize Help client organize information as they share it

Minimize Sidetracking Keep unnecessary side commentary out of the narrative

Read back in order Read chapters back to client in the order in which the events actually occurred, even if they were not developed in chronological order

Guidelines for Trauma Narration Processing

- Identify and challenge trauma-specific cognitive distortions
 - Identify untrue and unhelpful thoughts
 - Measure how much the thoughts are believed
 - Assess how the thoughts make the client feel
 - Challenge:
 - Take the thought to court
 - Best friend role play
 - Tie to psychoeducation
 - Use Socratic questioning
- Identify and highlight mastery moments
 - Brave
 - Smart
 - Strong
- · Facilitate meaning making
 - Big meaning:
 - What have your experiences taught you about yourself and the world?
 - How have your thoughts about this changed since being in treatment?
 - Little meaning:
 - How do you understand your symptoms differently now?

And for the caregiver...

Ideally reading along in individual sessions with you without child every week

Processing own thoughts and feelings

Finding own and child's cognitive distortions, mastery, and meaning making

Problem solving, taking notes, behavioral rehearsal for conjoint and at home

Monitoring symptoms at home