

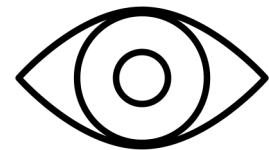
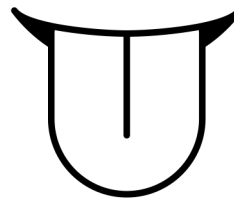
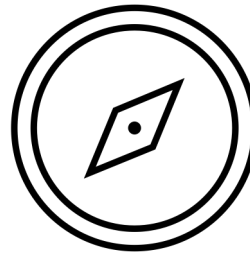


Filling in the gaps:

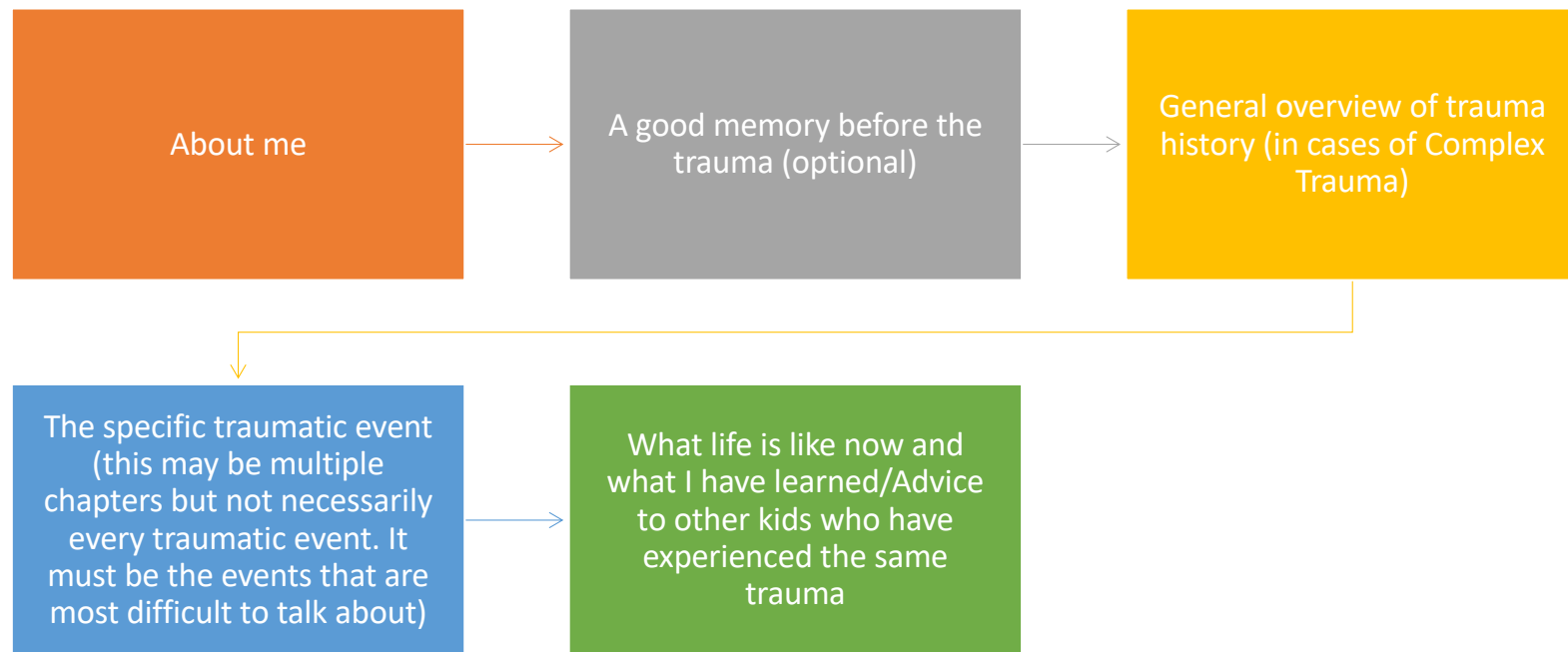
- What was your body doing?
 - Muscles
 - Heart
 - Stomach
- What feelings did you have?
- What thoughts did you have?

Filling in the gaps:

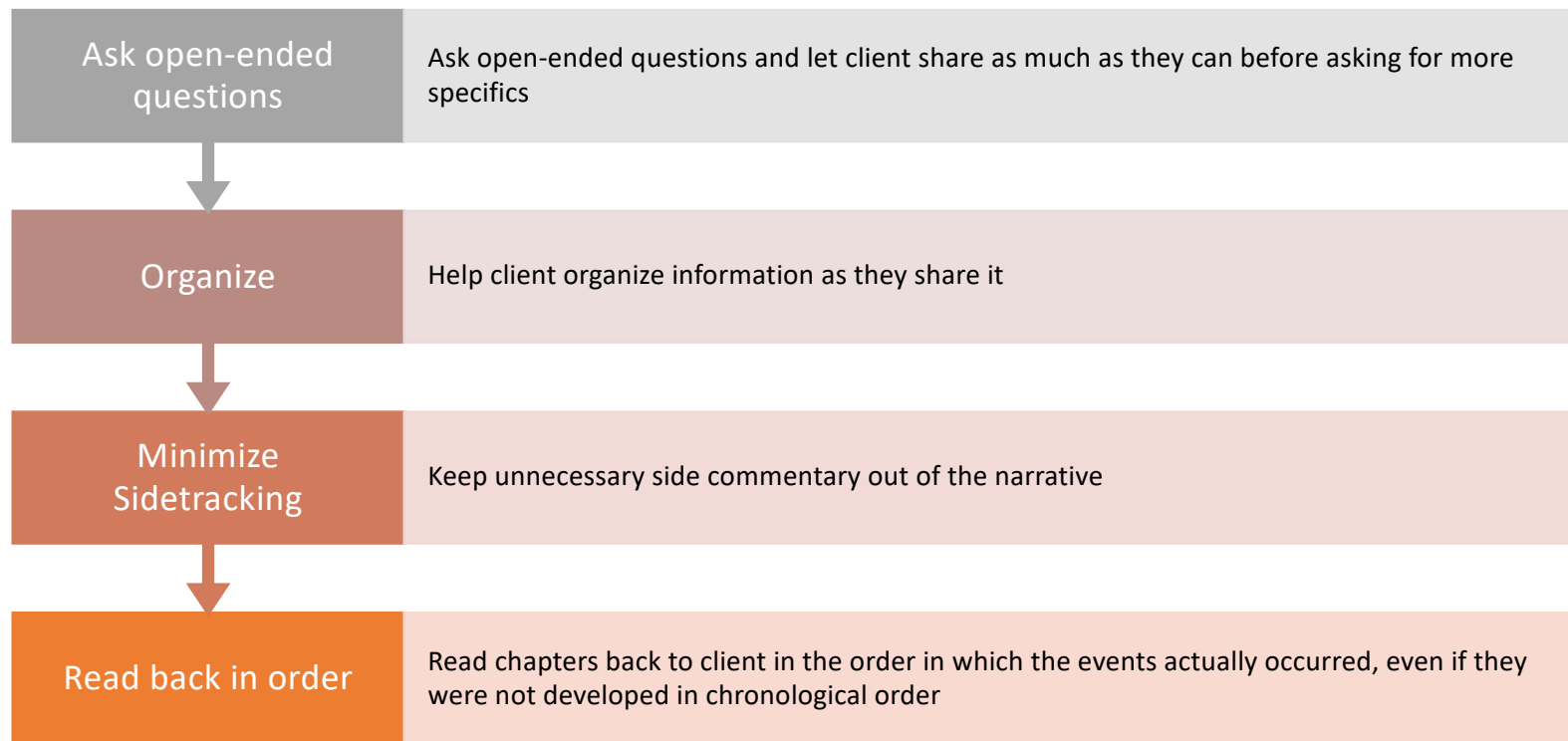
- What did you see?
 - Were people talking?
 - What were people saying?
 - Music?
 - TV?
- What did you feel?
- What did you taste?
- What did you smell?
- What position was your body in?



Chapters for Trauma Narration Development:

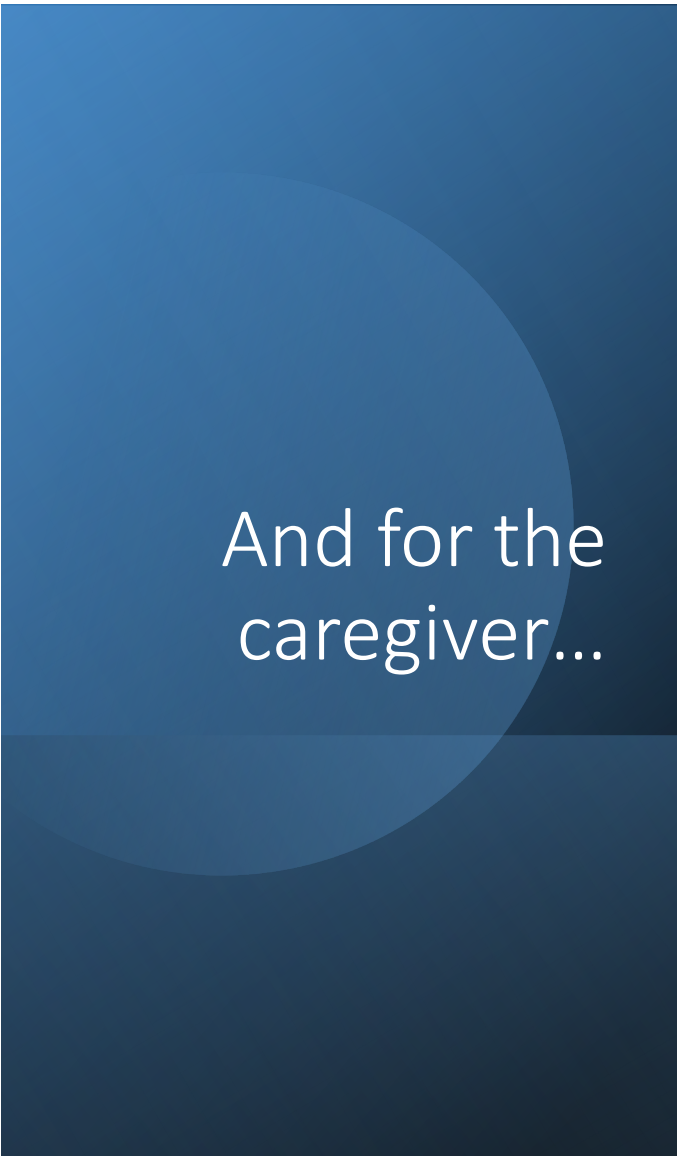


Guidelines for Trauma Narration Development



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