

**Sample Documentation for Trauma-Informed Assessment**

Trauma and Stressor Reactions: The Child and Adolescent Trauma Screen (CATS) was completed by both <Child> and <Caregiver> to obtain information on <Child>'s experience of traumatic events and trauma related symptoms. <Caregiver> and <Child> reported that <Child> has experienced <types of abuse; e.g., physical and sexual abuse>. <Caregiver> endorsed significant trauma-related difficulties in the areas of <summarize concerns; e.g., fear related to memories, avoidance of trauma reminders, nightmares>. <Similarly/In Contrast> <Child> endorsed significant trauma-related difficulties in the areas of <summarize concerns; e.g., fear related to memories, avoidance of trauma reminders, nightmares>. <If relevant – Of note, examiner observations during administration of this measure suggest that <Child> may have underreported trauma symptoms as evidenced by X, Y, Z (e.g., drastic change in presentation including withdrawn body posture, one-word answers, vocal insistence, exaggerated response, etc.)>. Overall, these ratings <are/are not> consistent with a DSM-5 diagnosis of posttraumatic stress disorder. Below is a summary of the symptoms required for diagnosis of PTSD according to the DSM-5, and both the child and caregiver report.

| Symptom Scales                              | Child's Report          | Caregiver Report        |
|---|-------------------------|-------------------------|
| Trauma(s) Experienced                       | (specify types-general) | (specify types-general) |
| Fear related to memories (e.g., nightmares) | # symptoms              | # symptoms              |
| Avoids memories or reminders                | # symptoms              | # symptoms              |
| Negative Mood or Thoughts                   | # symptoms              | # symptoms              |
| Irritable/On-guard                          | # symptoms              | # symptoms              |
| PTSD Diagnosis                              | (No/Partial/Full)       | (No/Partial/Full)       |

**Sample Documentation for Trauma Narrative Production**

Session goal was to [begin/continue] exposure work. Client engaged in repeated exposure of a [low/moderately/highly] anxiety-provoking trauma situation. Subjective Units of Distress (SUDS) levels reached a [?] during the course of the exposure, but client ended at a [?]. Plan is to continue exposure in next session.