

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 may have underreported trauma symptoms as evidenced by X, Y, Z (e.g., drastic change in presentation including withdrawn body posture, one-word answers, vocal insistence, exaggerated response, etc.)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] gradual exposure work. Client engaged in repeated gradual exposure to a [low/moderately/highly] anxiety-provoking trauma memory. The client's Subjective Units of Distress (SUDS) levels peaked at a [?] during the course of the exposure. Relaxation exercises were utilized as needed to reduce client's SUDS. Grounding activities were conducted during the last 5 minutes of session to support the client's transition from session. Client's SUDS ended at a [?]. Plan is to continue exposure in next session.