

Trauma Narration and Cognitive Processing

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Cause having a national conference in May in Oklahoma is how we roll

Goals for today

Review and role play the following components of the Narration and Processing components of TF-CBT:

- ❖ Rationale for trauma narration
- ❖ Development of trauma narration timeline and hierarchy
- ❖ Completing a draft of a narrative
- ❖ Processing trauma related thoughts

What *is* the rationale for TN?

- ❖ Reducing distress/emotional response to trauma related memories
- ❖ Eliciting thoughts and feelings experienced during traumatic experiences
- ❖ Identification of unhelpful/inaccurate thoughts related to trauma

Communicating Rationale to Youth/Families

- ❖ Analogies and metaphors
 - ❖ Cleaning the wound
 - ❖ Riding a rollercoaster
 - ❖ Facing fears of phobias
 - ❖ Others? e.g. Physical Therapy

Role Play- Rationale for TN

*no heckling please

Case Scenario: Billy and Mary

William "Billy" Batson is a 12-year-old male who, along with his 10-year-old biological sister Mary, were referred by their Oklahoma Department of Human Services (OKDHS) worker, John Fawcett, due to behavioral and emotional problems related to abuse and neglect. Billy and Mary were removed from their home due to parental substance use (methamphetamine) and witnessing domestic violence between their biological mother, Marilyn Batson, and her boyfriend, Adam Sivana. Specifically, Mr. Sivana and Ms. Batson manufactured, distributed, and used methamphetamine while in the presence of Billy and Mary. Both children reported witnessing multiple incidents of drug use or manufacturing by Mr. Sivana and Ms. Batson. Mary reported to Mr. Fawcett that she saw, on multiple occasions, her mother taking "white stuff" and then "acting scary." In addition, Mr. Sivana would oftentimes become violent towards Ms. Batson in the presence of the children. Billy and Mary witnessed multiple incidents of domestic violence by Mr. Sivana towards Ms. Batson. At the time of removal, Billy reported to Mr. Fawcett that he remembered seeing Mr. Sivana choke his mother on the floor and that he tried to fight Mr. Sivana off. From Mr. Fawcett's report, Billy reported that "I know when Adam and mom are going to fight because mom always turns up the TV in their room really loud but I still hear things breaking."

Case Scenario: Billy and Mary

Billy and Mary are currently in a kinship foster placement with their maternal uncle, Dudley Batson. Mr. Batson reported that when the children were placed with him they were “like two zombies” and had difficulty speaking to anyone. He stated that he is concerned mostly about Billy. He stated he is worried about two main problems for Billy. First, he is concerned about his aggression and acting out at school. He stated Billy will get in fights with other boys at school and does not listen to his teacher. Mr. Batson reported that these problems are not present at home. Second, he reported that Billy will “zone out” for long periods of time. He stated Billy will not talk about any incidents of the abuse at this point in time but that he talks for long periods of time about a fantasy world he has created where he is a superhero called Captain Marvel and his best friend is an imaginary tiger named “Tawny”. Mr. Batson is worried that Billy may have emerging schizophrenia. When asked about his concerns regarding Mary he stated that she tends to be quiet and does not seem to have any problems at this time. He stated she is struggling in school (e.g., her teachers report difficulties with academics) but that her teachers say that “she is one of the quieter ones” and does not present with disruptive behaviors at home or school.

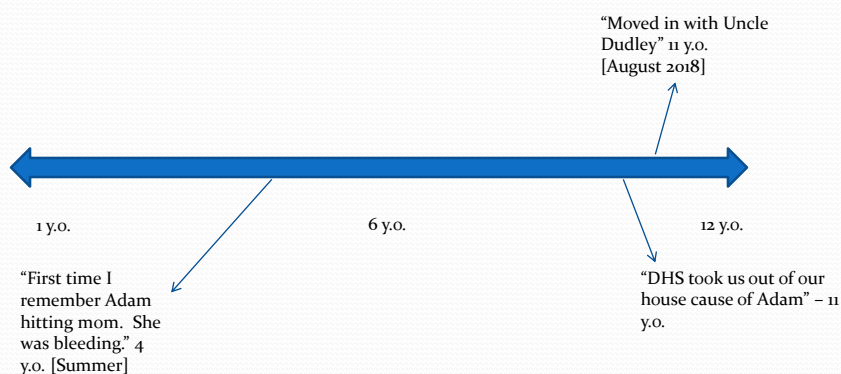
Case Scenario: Billy and Mary

When speaking to the children neither of them endorsed any suicidal or homicidal ideation or current child abuse or neglect. When Billy was asked why he was brought in to the clinic he said “Cause I get in fights.” When asked by the therapist if there was anything that bothered Billy, he said “I’m afraid Adam will come back to hurt Mary and Uncle Dudley.” When Mary was asked why she was brought in to the clinic she stated she did not want to answer the question and became tearful. When asked if there was anything that bothered her, she said “monsters in my dreams.”

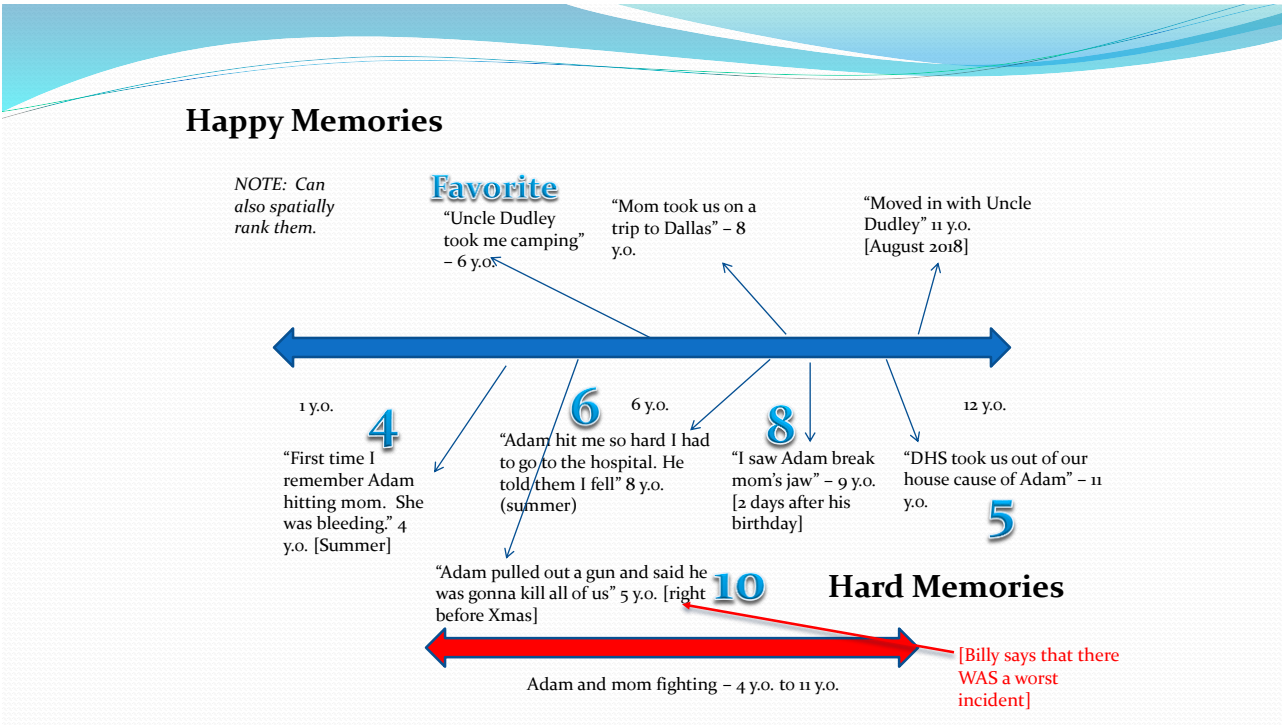
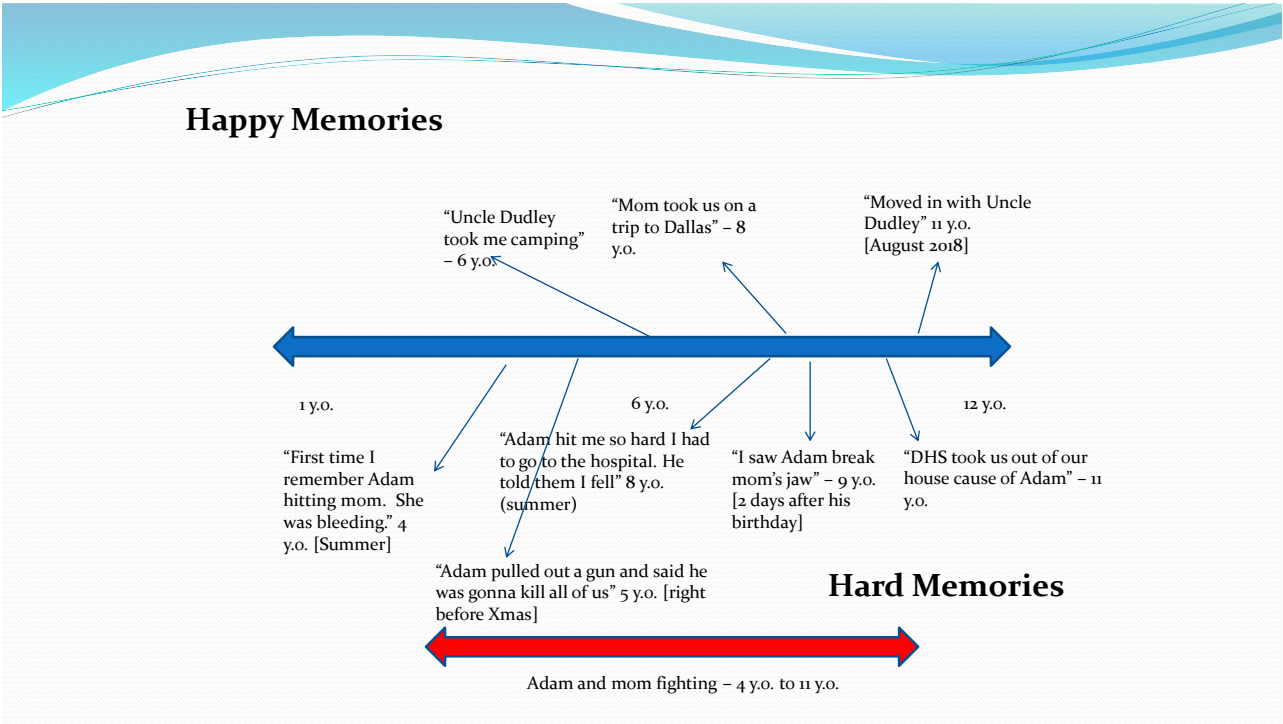
Rational for Timeline

- ❖ We call it *gradual* exposure for a reason
- ❖ Development of trauma narration hierarchy (listen for clues for later In-Vivo)
 - ❖ Aka STRUCTURE
- ❖ Gauge child avoidance/distress
- ❖ Putting trauma into context
- ❖ Identification of themes

Happy Memories



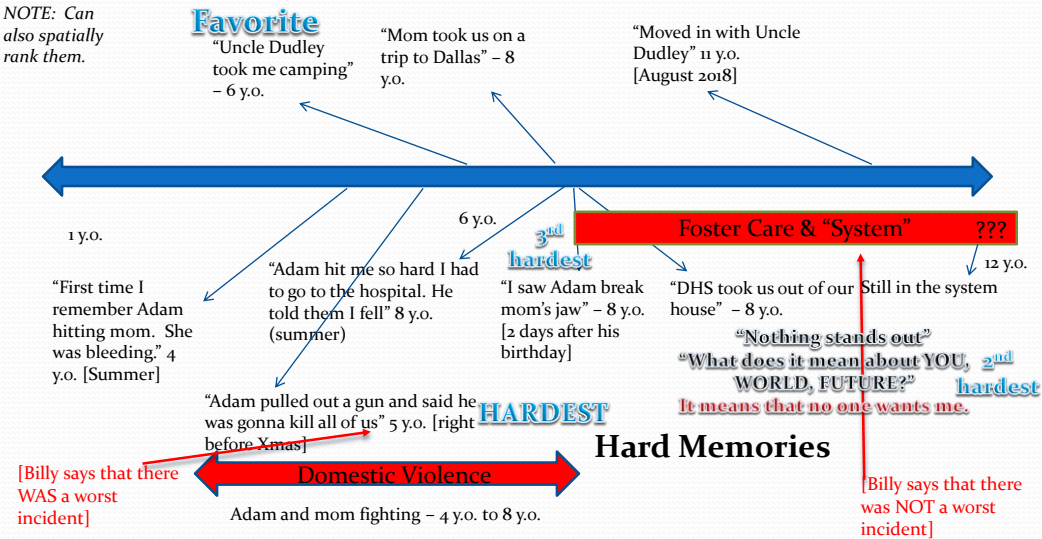
Hard Memories



Let's do a variation

If DHS had taken Billy and Mary out earlier

Happy Memories



Role Play- Timeline

*no heckling please

Trauma Narration

Rationale for Trauma Narration

- “Take the heat out” – Desensitization
- Red flag distortions for processing
- Meaning making
- Consider the “Neutral” Narrative -especially for younger kids

Draft 1- Billy's 3rd Hardest

I was at home with Mary and we were watching TV. We always have to watch TV because mom can't afford a babysitter. I was eating Teddy Grams and telling Mary to be quiet because mom and Adam were fighting in the next room because their TV was loud. Then the door opened and mom ran out. Mom ran fast. Adam ran too. I told Mary to hide under the bed and I ran too. I saw mom on the floor and Adam was on top of her. I ran at Adam and he hit me. He hit me hard but I should have still gotten up. Then the police showed up and took Adam and mom away. Mary and me went to stay with Mr. and Mrs. Vasquez for a little while then we went to live with Uncle Dudley.

Where do you want to go with Draft 2?

Draft 2-3 - Billy

I was at home with Mary and we were watching TV. [Q-Where were you at home?] We were in our bedroom and were having lunch. It was a Saturday cause we didn't have school. [Q-"What were you watching?"] I was watching Justice League because I like superheroes and I'm a superhero too. We always have to watch TV because mom can't afford a babysitter. I was eating Teddy Grams and telling Mary to be quiet because mom and Adam were fighting in the next room because their TV was loud. [Q-Tell me more about that] Whenever mom and Adam have the TV really loud it means they're fighting or gonna fight. They always do that. Then the door opened and mom ran out. [Q-Feeling and Thought] I felt scared at a 8. I was thinking "Something really really bad is gonna happen," and "Mary might get hurt. I have to protect Mary cause Captain Marvel would protect his sister." Mom ran fast. Adam ran too. [Q-Feelings and Thoughts] I was really really mad at a 10. My head was saying "Adam shouldn't be hurting my mom and I'm not going to let him. It's my job to fight bad guys and he's a bad guy."

Draft 2-3 – Billy (cont.)

I told Mary to hide under the bed and I ran too. [Q-Feelings and Thoughts] *I was scared at a 10 because if Mary got hurt it would be my fault. I was also mad at a 10 too because I knew I was going to have to fight Adam. I thought "Adam's a bad guy and I'm a good guy. I won't let him hurt people anymore." I saw mom on the floor and Adam was on top of her. [Q-Tell me more about that.] He had his hands around her throat. I got really scared when I saw that and couldn't move for a little while. [Q-I-10] I was scared at 10. I know that's bad cause Captain Marvel wouldn't be so scared he couldn't move. I could hear mom making a sound cause she was trying to breathe and Adam wouldn't let her. She was trying to scratch his face but he didn't move. He looked really really mad. I ran at Adam and he hit me. [Q-He hit you?] Ya, he hit me with his fist in the mouth. I started bleeding cause he busted my lip. I didn't like how my blood tasted so I spit at him. Then he hit me again with his fist and I couldn't get up. He went back to choking my mom after that.*

Draft 2-3 – Billy (cont.)

He hit me hard but I should have still gotten up. [Q-Feelings and Thoughts] *I felt stupid at a 10 cause I couldn't stop him and I guess I also felt mad at a 10 too cause I couldn't stop him. I thought, "I hate you!!!" and "I'm going to kill you!!!" [Q-What happened next?] I saw Adam's phone near the table. I think it fell out when he and my mom were fighting. I picked it up and crawled under the kitchen sink and called 911. Adam couldn't see me. [Q-Feelings and Thoughts] I was scared at a 10 and sad at a 8. I was thinking "I think my mom is dead." But I called the police because I promised Mary if Adam hurt mom again I'd call them. Then the police showed up and took Adam and mom away. Mary and me went to stay with Mr. and Mrs. Vasquez for a little while then we went to live with Uncle Dudley.*

Draft 1- Mary (Heavy Memory)

Billy and I were in the car. Mom took us to find Adam. We were at a gas station for awhile waiting. Adam worked at a truck place where they deliver stuff. Mom said, I know that, I don't want to say cause it's a bad word, he's cheating on me. That's what she said. Adam was walking to his car and he saw mom across the street. He was super mad she was there. That's when he started hitting her. There was lots of blood. Then the cops came. She went back to him. She always does.

Role Play- Trauma Narrative Development

*no heckling please

Cognitive Processing

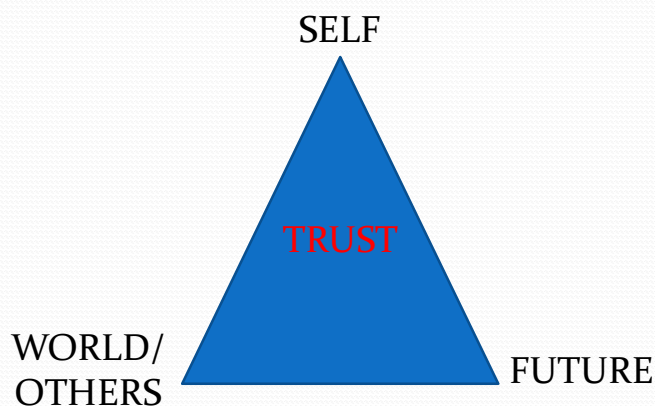
Rationale for Cognitive Processing

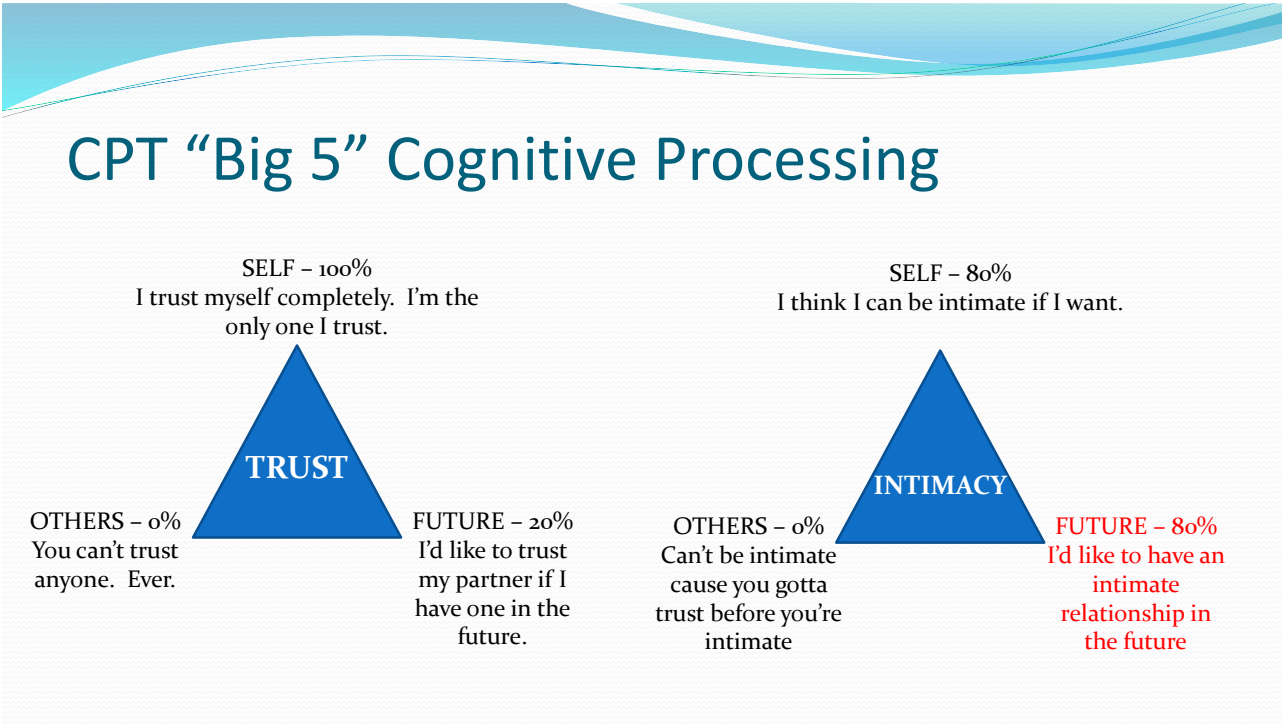
- Support development of helpful, accurate, or idea of “more balanced” thoughts related to child’s trauma
- Enhance cognitive flexibility and comfort with “gray areas”
- Strategies elicit thoughts from youth themselves
 - We aren’t just telling them
- Done with caregivers AND youth

Cognitive Processing Therapy “Big 5”

- Safety
 - Trust
 - Esteem
 - Intimacy
 - Power/Control
-
- IF having trouble identifying a theme, assess these
 - They work GREAT in processing

CPT “Big 5” Cognitive Continuum





Role Play- Processing with Caregiver

*no heckling please

Role Play- Processing with Youth

*no heckling please

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