

Structuring Trauma Narration

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Goals

- Review rationale for gradual exposure
- Identify different methods for structuring
 - Timeline
 - Hierarchy
 - Trauma narratives
- Participants will share creative ideas used with clients

Pop Quiz

- How many sessions should we spend on Trauma Narration and Cognitive Processing?
 - A. 1/3 of TF-CBT (4-8 sessions)
 - B. 2/3 of TF-CBT (8 - 16 sessions)
 - C. As long as it takes
 - D. Don't talk about the trauma

**if you said D... we need to talk

Pop Quiz

- When do you begin Trauma Narration and Cognitive Processing?
 - A. Whenever child begins talking about it
 - B. Once child is able to regulate self across settings using coping skills and there is good stability
 - C. Around session 6, after covering PPRAC
 - D. It really depends on the child

The Rationale

1. Reduce fear related to intrusive trauma memories
2. Identify trauma's impacts on child's belief systems and process



Therapist's Goal for TN

- Create a safe, engaging structure for a youth to sit in their distress, learn to manage their emotions, and overcome the fear related to these memories.

Overall Structure of GE

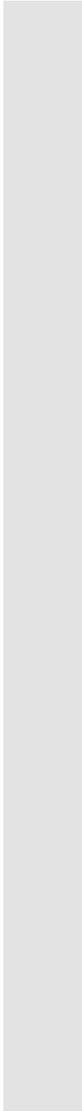
- Rational for GE
- Timeline/Hierarchy
- Trauma Narrations (3 max)
- Cognitive Processing of trauma related beliefs.

Gradual Exposure Sessions: Child Portion

- 1/3-1/2 of session with child
 - Younger children will only be able to engage in TN for 10-20 minutes.
 1. Review last sessions progress and praise child effort and bravery.
 2. Review in-session safety plan/coping skills/ structure of session
 3. Engage in gradual exposure activities and utilize feelings checks and coping skills as needed.
 4. End session with 3-5 minute grounding activity

Gradual Exposure Sessions: Caregiver Portion

- 2/3-1/2 of session with caregiver
 - Review pieces of TN that child has agreed to share.
 - Elicit thoughts and feelings from caregivers.
 - Utilize in-session “safety” plan and/or actively use coping skills with caregiver during this process.
 - Utilize cognitive processing skills to support caregiver’s development of helpful, accurate beliefs related to their child’s trauma.



Timeline

Rationale for Timeline

- Creates another step into gradual exposure (i.e., labeling trauma experiences in youth).
- Supports therapist conceptualization of trauma impacts on youth.
- Gauges child's emotional reactivity and/or avoidance to youth's specific trauma experiences.
- Helps guide the next phases of trauma narration.

Questions to ask yourself:

- Is a timeline necessary?
- What can I expect from my youth due to age/onset of trauma
- Am I eliciting thoughts and feelings about these events and different times in this youth's life, not just labeling them?

7 ylo male

Before mom died

happy loved safe fun

Incredible Pizza

Christmas Cookies

5 years old

200 w/ mom

Baddest Tuesday

10/10 most Sad

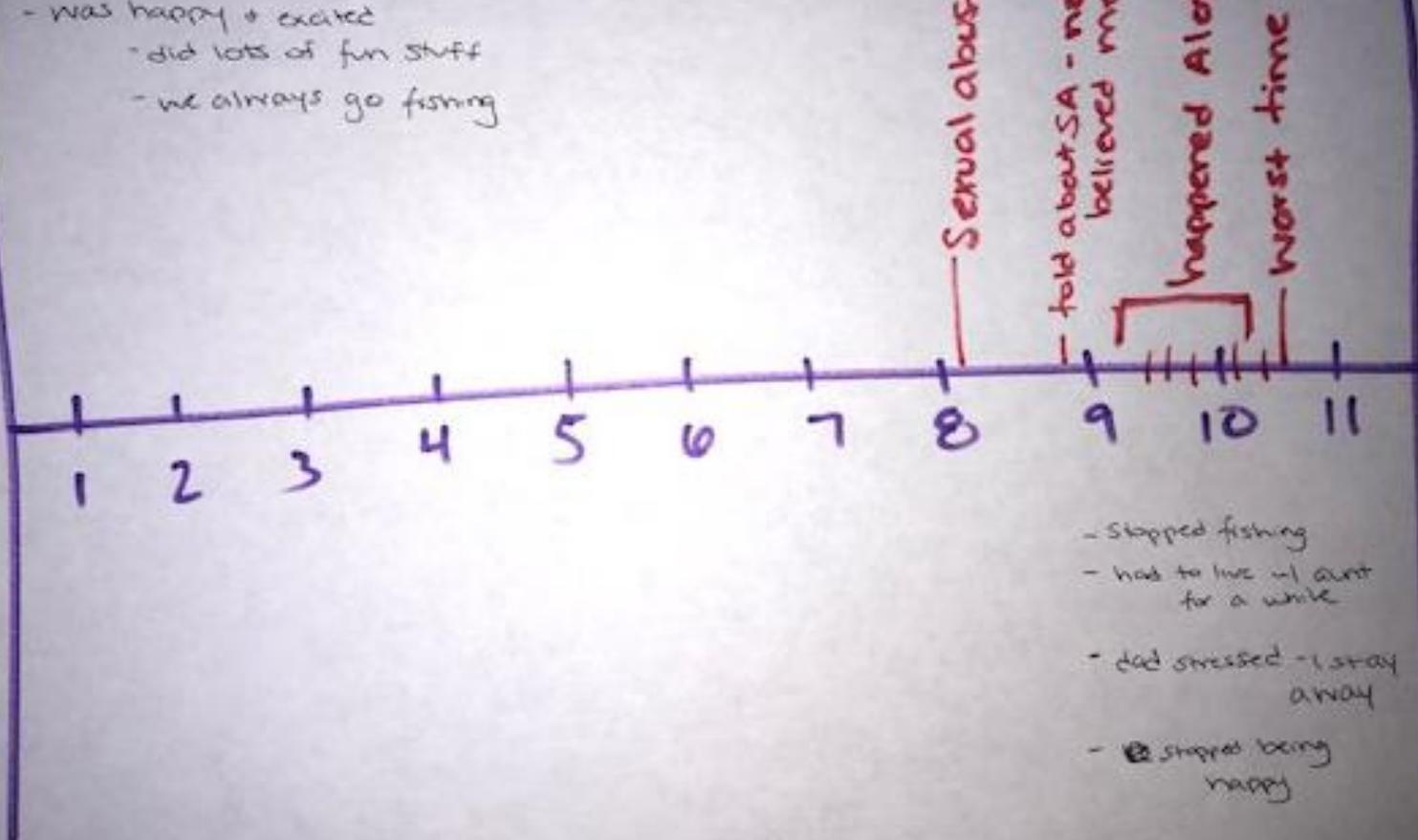
after mom died

Sad worried loved lonely

Frankies City

11 y/o male

- whole life lived with dad
- was happy + excited
 - did lots of fun stuff
 - we always go fishing



Lived w/ mom

- Sad
- embarrassed
- things just kept getting worse.
- mom loved us - always made us laugh when she was around.

mom's boyfriend ruined everything.

Chaos

freedom - no rules

- missed a lot of school

stole food for me and brother

- physical abuse
- Family fighting
- sexual abuse - mom boyfriend
- not enough food
- lived in the car & hotel
- substance abuse - mom asleep a lot.

Foster care

- 7+ homes
- lots of school changes
- 3x inpatient
- 1 shelter

"no one wants teenagers - no one has planned to adopt me."

Feelings

- depressed
- no "group"
- sometimes I think I would have been better off at home.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

last fight before dad went to jail

mom's new boyfriend, mom started using drugs.

1st time he touched me.

3 days without food - stole from 7-11

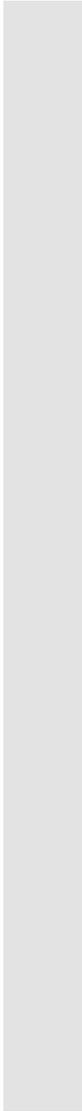
grandma died

aunt died

he used a knife to mangle me.

mom OD'ed - I called police to take her away.

Ran away



Hierarchy

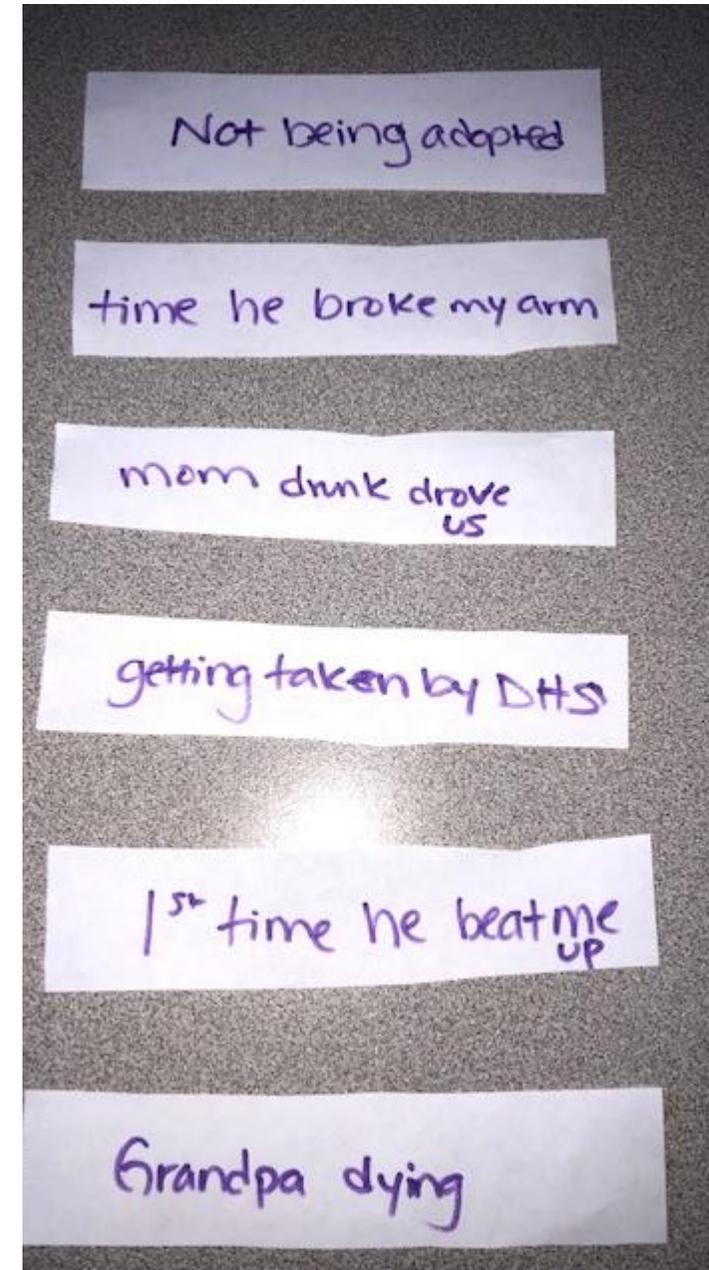
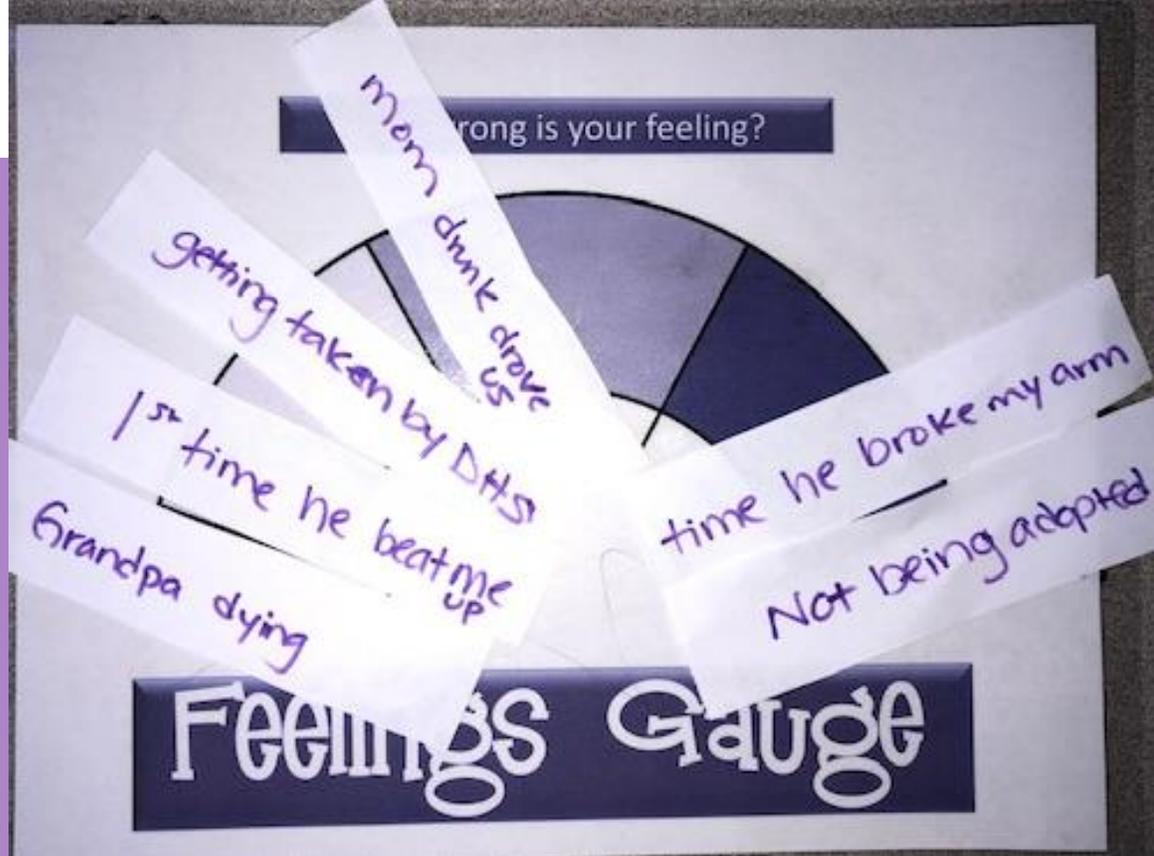
Rationale for Hierarchy

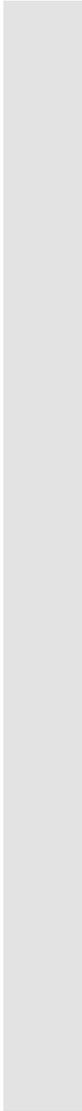
- Gives us a starting point for TN.

Questions to ask yourself:

- Do I know what the trauma impacts are for my client?
 - Intrusive memories?
 - To what trauma experiences?
 - Negative self beliefs or self-blame?
 - Due to which events?
 - Specific anxiety related to trauma-reminders?
 - Which ones?

Hierarchy Examples





Trauma Narrative

Trauma Narrative Goals

- Provide youth the structure to share details related to their intrusive trauma related memories.
- Gradually gather increased details related to the most distressing portions of each memory.
- Utilize coping skills throughout process to manage distress and allow child to gain mastery over memory.
- Meaning making

Trauma Narrative Drafts

- Open ended: allow child to share what they remember without questions or guidance from provider
- Elicit increased detail related to the who, what, where, when, how with *open ended* questions.
- Elicit thoughts and feelings related to different portions of trauma memory.

Let's Get Creative

- Visual structure to support cohesive story telling
 - For younger youth or youth with IDD/ASD
- Sports-related themes
- Super heroes or other characters who have 'enemies' to defeat
- Video games where there are different levels or challenges to defeat or overcome
- Shows, characters, games where there is growth, evolving, etc.
- Point or sticker systems to earn prizes or fun activities at the end of each session.

Name _____

Title: _____

BEGINNING

MIDDLE

END

Name _____ Date _____

Beginning, Middle, End – Important Events

Book Title _____

Beginning Middle End

Draw a picture Draw a picture Draw a picture

Name _____

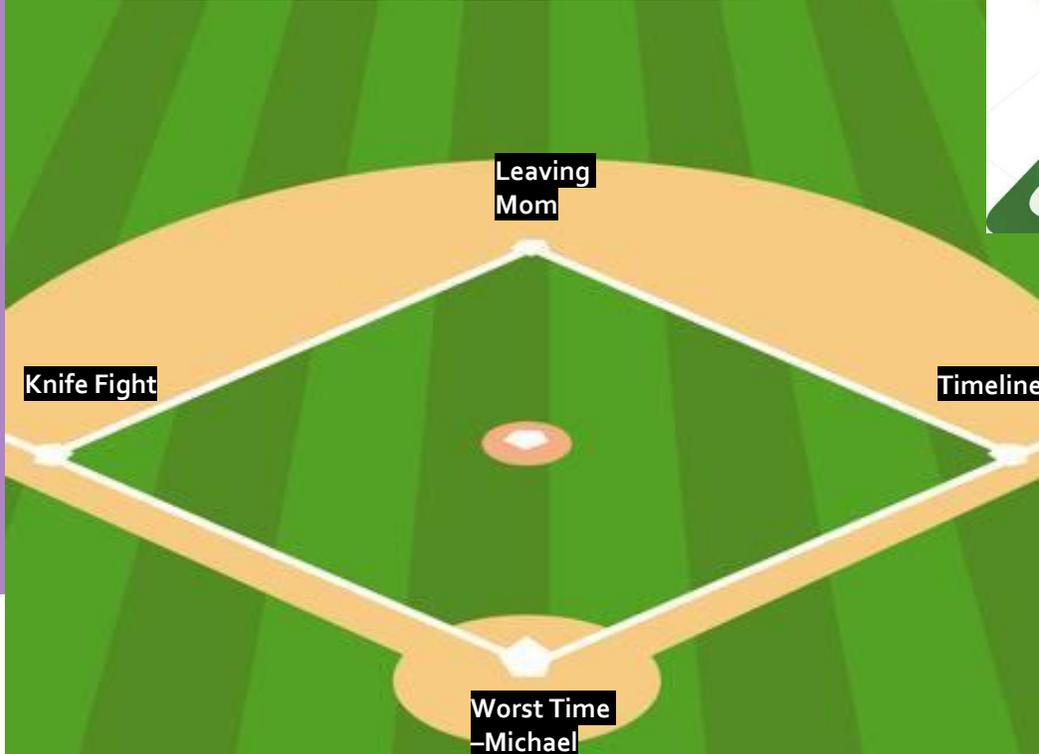
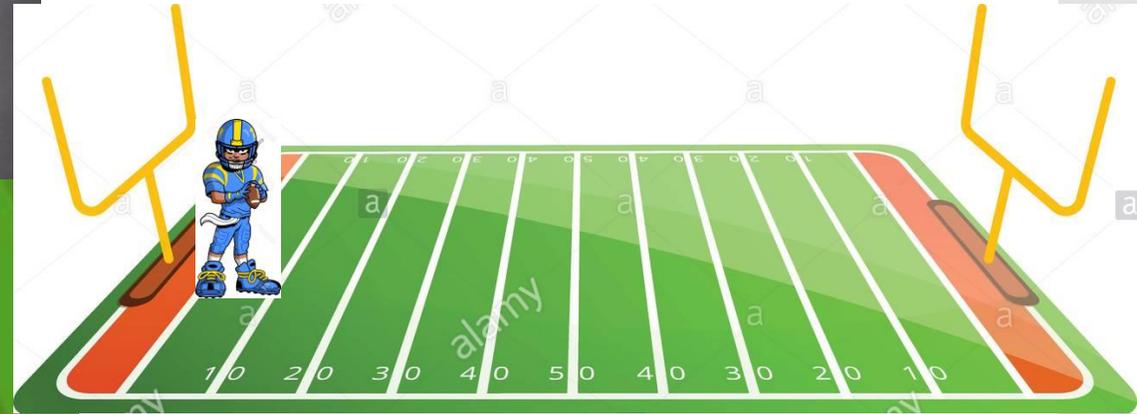
Story Map

Setting Characters

Beginning Middle End

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Sports





Super Heroes



Games or TV Shows



"Mo

Earn 1 piece of armor every 10 questions, or earn armor after each finished story.

Timeline = leather

1st story = titanium

2nd story = gold

3rd story = emerald



Other themes



You tell us!

What have you used to make TN more engaging, fun, and personalized for your clients?

Thank you!

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