

Socratic Questioning

Steps for the therapist:

- What is your end point/possible end point?
- What questions do you ask to get them there?
- Eventually you may/will have to provide some information, but use questioning technique as much as possible.

Socratic Questioning Practice

Old Thought: *It's my fault we're in foster care. I never should have told.*

Possible Endpoint: *When I told, I kept my siblings safe.*

What I want to tell her

- *Your parent was wrong to hurt you.*

Turn into eliciting questions

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Socratic Questioning Practice

Old Thought:

Possible Endpoint:

What I want to tell child

Turn into eliciting questions

Child/Adolescent Trauma-Related Beliefs

- It was my fault that it happened.
- If I hadn't...
 - Disobeyed my parents' rules, they wouldn't have had to punish me.
 - Been drunk/high, it wouldn't have happened.
 - Said anything, my family would still be together.
- I can't go over my trauma story with Mom or Dad because...
 - They won't be able to handle it.
 - They'll think it's my fault.
 - They'll think I'm bad/dirty.
- I'll never be the same person I was before this happened.
- Nobody can be trusted.
- My real parents didn't want me so why should anyone else?
- Dad couldn't control his temper and I can't control mine either.
- I get really mad because I'm bad.
- It is up to me to take care of my brothers and sisters - no-one else will.