

Be Well, TF-CBTers

Practical Guide to Supporting Your Own Success in Your Trauma Narrative Work

Ask Yourself:

Are there reasons not to proceed with trauma narrative? Are these reasons about me? Or about the client/family?

When Things Do Not Go As Planned

What structure can I return to? Have I checked that my expectations are fair? For me? For the family? For the child?

When Session is Over

Identify what that experience was like. What is my take away? What will I do if rumination creeps in between sessions?

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Identifying My Own Cognitions

What am I telling myself about this process? Would other thoughts be more helpful? Consider these:

1. TN can be hard, and we know it is the most helpful part of treatment.
2. My gentle guidance of the client is not hurting them. They have learned skills for success.
3. I am a skilled clinician who is capable of supporting when distress arises.
4. I have been successfully incorporating GE, client knows what to expect.

