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?

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.

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?

Experiential Engagement "Feeling the Feels" Decreasing Parasympathetic Rumination Recovery "Stopping the "Reset & Spin" Recover" Intentional **Oversight** Reducing Conscious Emotional Labor Narrative "Finding Joy" "Creating Your Story"

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