FACILITATING POSTTRAUMATIC GROWTH

PRACTICE ACTIVITIES

ACTIVITY A: For this activity, brainstorm with your breakout room partners how a therapist could walk a 12-year-old through this “PUTTING YOUR THOUGHTS ON TRIAL” cognitive processing activity. Consider the following questions:

1. Identify the Trauma-Related Domain(s) that might be involved in this youth’s problematic belief: “I can’t trust anyone ever again. If I do, they’ll just hurt me.”
2. What Posttraumatic Growth Domain(s) could be supported as the therapist guides the youth in brainstorming the “evidence against the thought?”
3. What possible questions can the therapist pose to guide this teen in developing a healthier, corrected belief related to trusting others?

Posttraumatic Growth Domains:

New possibilities

Relating to other

Personal strength

Appreciation of life

Spiritual change

Trauma-Related Domains:

Trust

Intimacy

Esteem

Power/Control

Safety



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| PUTTING YOUR THOUGHTS ON TRIAL  In this activity, work with your therapist to gather evidence in support of, and against, your challenging thoughts. Evidence can only be listed if it’s a clear fact. No guesses or opinions! Then come to a verdict on whether your thought is accurate and helpful. Or are there other thoughts that could explain the facts? | |
| **YOUR CHALLENGING THOUGHT** | I can’t trust anyone ever again. If I do, they’ll just hurt me. |
| **THE DEFENSE Evidence for the thought** |  |
| **THE PROSECUTION Evidence against the thought** |  |
| **JUDGE’S VERDICT** |  |

ACTIVITY B: For this activity, imagine with your breakout room partners that you are prepping for an upcoming cognitive processing session with a 17-year-old youth.

In your first cognitive processing session, the teen shared the following beliefs related to their sexual abuse history:

“**No one will want to date me if they learn I was abused. They’ll only want me for sex. And maybe that’s all I have to give.**

You asked if the teen would be willing to explore these beliefs with you during the next session and the teen agreed.

Collaborate with your breakout room partners in prepping for Socratic questioning with this teen during your next therapy session:

1. What Trauma-Related Domain(s) that might be involved in this teen’s problematic beliefs?
2. What Posttraumatic Growth Domain(s) could be supported as you guide the teen through Socratic questioning related to these beliefs?
3. What could be a possible endpoint/new belief system that reflects posttraumatic growth related to future relationships?
4. If you had the magic power to directly correct this teen’s beliefs, what would you tell them?
5. What eliciting questions could you pose to the teen to aid in their posttraumatic growth in this area?