

HANDOUTS FOR MODULE 7:

TRAUMA TREATMENT

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COMMON REACTIONS TO TRAUMA AND STRESS

- Happens after a very frightening event.
- Very common in children who have been exposed to violence at home, at school, or in the neighborhood.
- Can happen if you are the victim of violence or if you see the violence.
- *Are normal reactions to abnormal situations.*
- Four types of reactions:

1. *Reexperiencing the trauma*

- a. Memories or thoughts of the trauma suddenly popping into your mind.
- b. Dreaming about what happened over and over.
- c. Feelings that the traumatic event is happening again, like flashbacks.
- d. Getting really nervous or uncomfortable if you go near where it happened or see, hear, or smell something or someone that reminds you of the traumatic event.

2. *Avoiding the trauma*

- a. Avoiding people, places, or activities that remind you of the trauma.
- b. Feeling cut off from other people or numb, where you don't feel anything.
- c. Being less interested in things you liked to do before the trauma.

3. *Feeling more on edge*

- a. Having trouble falling asleep or staying asleep.
- b. Being irritable or getting angry really easy.
- c. Getting distracted and having trouble paying attention.
- d. Being super-aware of where danger might be or startling really easily.

4. *Negative thoughts and feelings*

- a. Blaming yourself for what happened.
- b. Blaming others for what happened (who are not to blame).
- c. Feeling sad or not enjoying activities that you used to.
- d. Thinking negative thoughts.
- e. Thinking you won't have a career or a family or that you will die young.

MY CHILD'S TRAUMA HISTORY

1. Trauma Experience: Disclosed? Yes___ No___

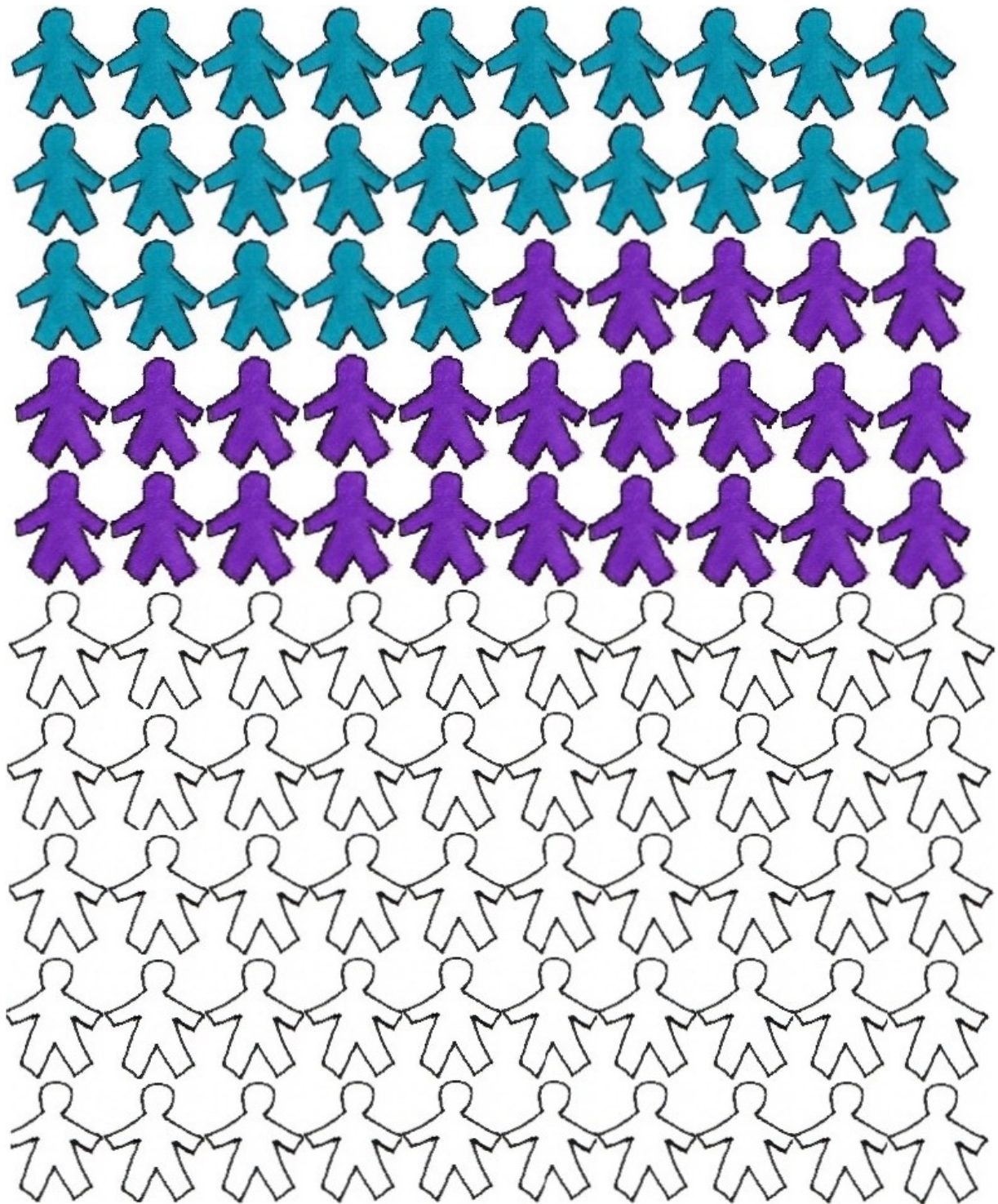
2. Trauma Experience: Disclosed? Yes___ No___

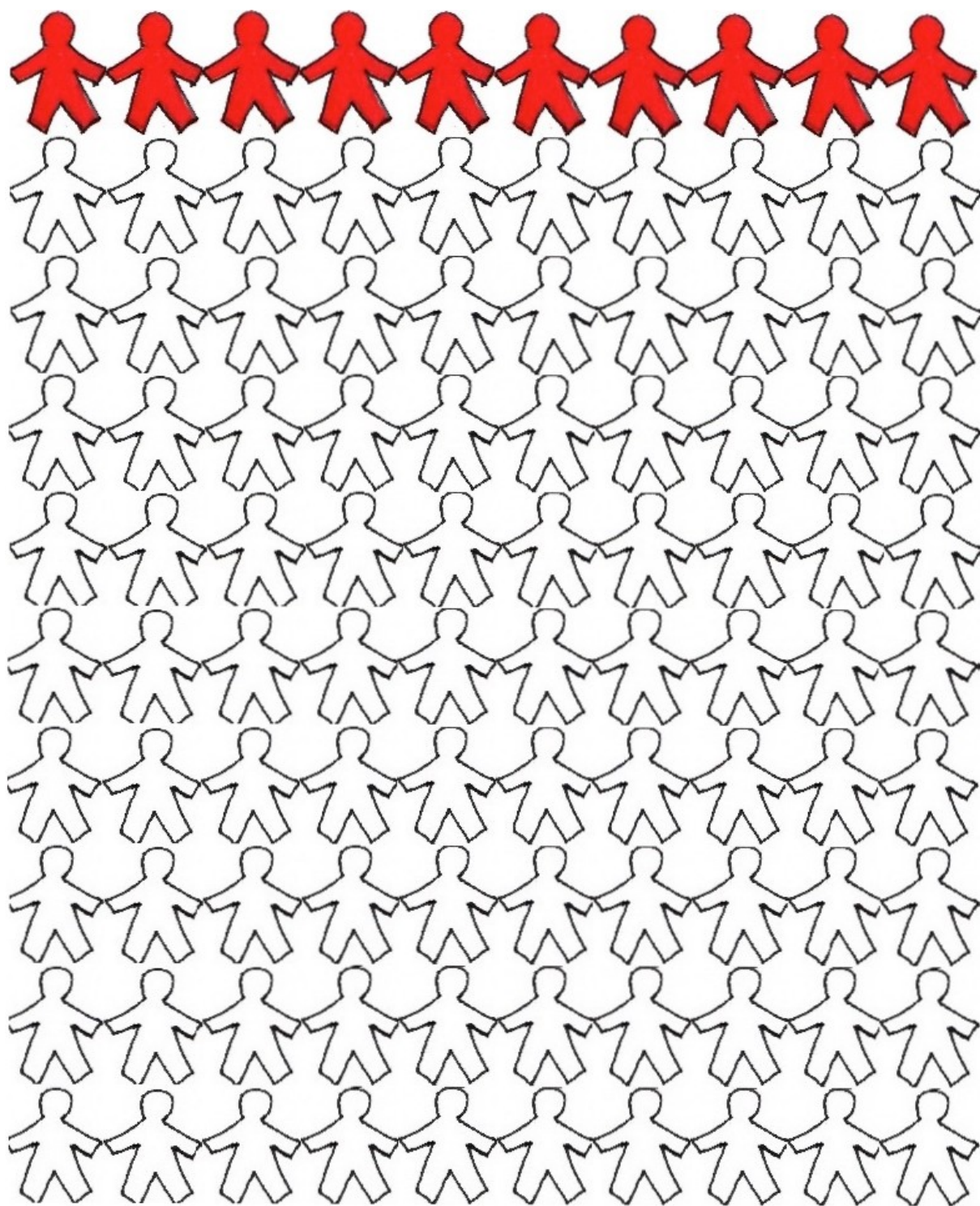
3. Trauma Experience: Disclosed? Yes___ No___

4. Trauma Experience: Disclosed? Yes___ No___

5. Trauma Experience: Disclosed? Yes___ No___

PREVALENCE GRAPHICS





COMMON REACTIONS CHECKLIST FOR KIDS

- ☐ Having nightmares or trouble sleeping.
- ☐ Thinking about it all the time.
- ☐ NOT wanting to talk about it.
- ☐ Avoiding places, people, or things that make you think about it.
- ☐ Feeling scared for no reason.
- ☐ Feeling “crazy” or out of control.
- ☐ Not being able to remember parts of what happened.
- ☐ Having trouble concentrating at school or at home.
- ☐ Being on guard to protect yourself; feeling like something bad is about to happen.
- ☐ Jumping when there is a loud noise.
- ☐ Feeling mad.
- ☐ Feeling shame.
- ☐ Feeling guilt.
- ☐ Feeling sad and down.
- ☐ Feeling bad about yourself.
- ☐ Feeling sick a lot.

WHAT HAPPENED TO ME

What Happened and When:

What Happened and When:

What Happened and When:

What Happened and When:

What Happened and When:

What Happened and When:

COPING STRATEGIES FOR POSTTRAUMATIC STRESS REACTIONS

1. Distraction (exercising, reading, playing a game, planning positive activities to look forward to)
2. Positive imagery/Calming Image
3. Relaxation (muscle relaxation, deep breathing)
4. Talking to a safe person (parent/caregiver, teacher, counselor, therapist, coach, religious leader) for support, comfort and guidance (think of who child is connected to from Invisible String activity if applicable).
5. Problem solving (brainstorming what solutions could work best to a real life problem)

TIPS FOR LISTENING TO YOUR CHILD

- ✓ Try to remain calm.
 - Show your child that you are strong, and that you can handle the story.
 - If your child cries, comfort him/her, but encourage him/her to continue.
 - If you cry:
 - Take some deep breaths.
 - Remind yourself that this is important for your child. If they can't tell you, who can they tell?
 - Explain that you are OK: "I'm upset that this happened to you, so I'm crying. But I can handle it, I want you to go on and finish the story. I want to hear everything."
- ✓ Show that you are listening.
 - Make eye contact, nod.
 - Repeat parts of what you hear, using your child's words: "So at first you didn't really know what was happening."
- ✓ Allow your child to choose the pace
 - Allow your child to give lots of details, or only a few, it's up to him/her.
 - Resist the urge to ask questions.
 - Ask yourself, "Is this something I really need to know?"
 - Ask yourself, "Am I asking this for me, or because I think it will help my child?"
- ✓ Show strong support for the child.
 - Provide a verbal reaction at the end of the story:
 - "Thank you for telling me."

- “I’m really proud of you for telling me the whole story. You are so brave.”
- “It’s going to be helpful for me to understand what you went through. I’ll be able to help you more.”
- “I wish that hadn’t happened to you. That was really hard to hear. But I’m glad you told me.”
- Be careful not to blame or criticize the child.
 - Children are very prone to blaming themselves.
 - You can find ways for your child to stay safe in the future without making them feel bad about what already happened.
- Fill any specific request the child has made for support
- ✓ Help your child use coping strategies.
 - Ask your child to teach you or show you the relaxation skills he/she has learned.
- ✓ Reframe thoughts if your child shows self-blame or other negative thoughts (i.e., “It was not your fault that your parents used drugs and there was nothing you could have done to stop them from using them”, “There was nothing you did to make your parents hurt each other and there was nothing any 7-year-old could have done to make them stop. I think we need to give this 7-year-old a break”).