

Trauma Narrative Session Structure Example

Session #	Child	Caregiver(s)
1	<ul style="list-style-type: none"> • Introduce rationale for TN • Choose TN format • Create trauma timeline • Create trauma hierarchy • Begin Ch 1: About Me • Grounding 	<ul style="list-style-type: none"> • Introduce rational for TN • Review session structures • Prepare for child reactions • Combined: Create plan/structure for TN sessions. Create agreement about keeping TN discussions in session
2	<ul style="list-style-type: none"> • Complete Ch 1: About Me • Review/revise Ch 1 • Complete Ch 2: Before the Trauma • Review Ch 2 • Revise Ch 2 • Begin Ch 3 – Trauma #1 • Review Ch 3 • Grounding 	<ul style="list-style-type: none"> • Review child’s reactions between sessions • Review parent(s)’ knowledge of child’s trauma • Discuss parent(s)’ thoughts/feelings about hearing the child’s TN • Prepare for child reactions
3	<ul style="list-style-type: none"> • Review/revise Ch 2 • Review Ch 3: Trauma #1 • Revise Ch 3: Trauma #1 • Review/Revise Ch 3: Trauma #1 • Select portions of TN for therapist to share with CG • Grounding 	<ul style="list-style-type: none"> • Review child’s reactions between sessions • Share TN selected by child • Caregiver cognitive processing of TN • Prepare for child reactions
4	<ul style="list-style-type: none"> • Review Ch 3: Trauma #1 • Revise Ch 3: Trauma #1 • Begin Ch 3: Trauma #2 • Review Ch 3: Trauma #2 • Revise Ch 3: Trauma #2 • Select portions of TN for therapist to share with CG • Grounding 	<ul style="list-style-type: none"> • Review child’s reactions between sessions • Share TN selected by child • Caregiver cognitive processing of TN • Prepare for conjoint session