If time is tight: Make sure the child understands the rationale and adds some new content to the trauma narrative

Main Steps

Set an Agenda	Remember to start by setting an agenda together and by		
	reviewing any practice assignments.		
Obtain Weekly	If the main focus is traumatic stress or anxiety, use the 0 to 10		
Ratings	scale of the Fear Thermometer to obtain		

Introduce Rationale If this is the first time performing this module, explain the general rationale of creating a trauma narrative. Many people find it difficult to think about or discuss their bad experiences. However, when one tries to avoid thinking or talking about them, the memories may come back unexpectedly, and in a way

ACTIVITY Relaxation

Review and practise the skills learned in Learning to Relax [Depression module] (if the child has already covered Quick Calming [Depression module] and finds that relaxation approach preferable, then review and practise that approach instead). This should take approximately 10 minutes. Use the Fear Thermometer or Feelings Thermometer emotional state before and after relaxing.

Develop Narrative

Once the child is in a relaxed state, begin writing or adding to the narrative.

Summarising