

Overview of Tools Making Sense of Trauma

Connecting to the Present

1. Finding your Balance
2. Play
3. 5-4-3-2-1 – 5 things you hear, you see, you sense
4. Connect to senses (feet on the floor, seat on the chair)

Understanding Developmental Stages

1. What are the missing developmental resources?
2. Respond to their developmental age (not chronological)
3. Establishing Routines/ Predictability
4. Remembering that all behavior has meaning that is often rooted in survival skills (fight, flight, freeze)
5. Explaining how the brain works to adults/kids

Managing Feelings

1. Name It to Tame It (Guess/ wonder about their feelings, Naming feelings)
2. Moving the Body (Up or Down Regulating)
3. Breathing Exercises – eg Blowing exercise to decrease heart rate
4. Non-Negotiable Soothing
5. “We’re Stuck- Adults and Kids”
6. Relationship- Repair -Reconnect when there has been rupture (practice attunement, apologies, own your stuff.
7. Taking in Delight

Imagining a Future

1. Knowing and communicating that you have or will get through – connecting with hope
2. Be aware of their (and your) window of tolerance
3. Increasing resilience- imagining a future

Dealing with Memories

1. Identifying what has helped them get through in the past (survival skills)
2. Flashback Protocol
3. Containing the story