

Trauma Discussion Worksheet

Childhood Scenario Discussion

Names in the study group _____

1. After watching **Living with Trauma: Finding Recovery** Powerpoint, list some Adverse Childhood Experiences (ACEs) the girl in the ReMoved video had.

2. What related symptoms and problem behaviors does she have?

3. What “triggers” does she have?

4. After reading about **Post-Traumatic Stress Disorder**, write down and look up any new terms you don’t already know:

5. Read **Helping Someone with PTSD**. Write down some things you could do to help her:

6. Because of her young age, would it be more difficult to have a diagnosis of PTSD and to find treatment? If so, why? Remember that Trauma-informed Care works well even if there is no diagnosis. Optional for students: Review **PTSD Diagnostic Criteria**.
7. Optional: Call or contact the **211** resource center in your area to find out what resources, for counseling or support groups are available (for children and for adults). What did you find out?

8. Discussion: Share your insight into coping with trauma. Confidentially discuss any experiences of someone you know who has a trauma history (whether or not they had a diagnosis of PTSD). What helped them cope and recover?
9. Read **My Coping Plan** as a basic guide for some possible ways to plan ahead and help people to avoid being “triggered”.

Adult Scenario Discussion # _____

Names in the study group _____

1. Read the description of your scenario. What Adverse Childhood Experiences (ACEs) did the person have? _____.
There may be none in the story, and perhaps there were none. You may n know, and in some situations, you may not want to ask until the time is right. Because ACEs are so

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prevalent, is it likely that the person in your scenario had adverse childhood experiences?

2. What related symptoms and problem behaviors does he/she have?

3. What “triggers” does he/she have?

4. Fill out **My Coping Plan** as if you were the person in the scenario.

5. Review some Recovery Education resources (handouts or workbooks) shared from Healthvista, Inc and choose 2 or more you would plan to use to help he/she cope.

6. Explore the website resources <https://resilientwinonacounty.org/learn-more/>

7. Write a summary of your or your group’s insight. Explain your plan for how to help him/her cope with the effects of his/her trauma history.

8. After watching the **Shift to Trauma-Informed Care** video, reflect on how you could do that. (See discussion outline below.) Explain 2 or more reasons that Trauma-Informed Care is important wherever people go to seek care.

SHIFT TO TRAUMA INFORMED CARE

Our journey toward Trauma Informed Care continues to take people from despair to hope.

To accomplish this, there are some things we must do:

BE DETECTIVES

Investigate behavior patterns and triggers

AVOID RETRAUMATIZATION

Provide a safe environment where past trauma is assumed and triggers are avoided

EMPOWER EVERYONE

Take ownership and build a compassionate community of healing for all

OFFER CHOICES

Minimize power and control issues

HELP DEVELOP SURVIVAL KITS

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Use resources and tools for coping

CREATE A SANCTUARY OF HOPE

Be compassionate, respectful and kind

BELIEVE THAT RECOVERY IS POSSIBLE

Design all care with recovery in mind

BE PART OF THE SHIFT

Remove the stigma of mental illness and help people cope with the effects of trauma

SHIFT HAPPENS

*** You Can Make the Shift to Trauma Informed Care ***

9. Use the following questions to discuss specific ways to motivate people to move forward toward recovery and coping:

Finding Your Way to Recovery (A discussion handout to help people who are struggling)

- **Use new ways of coping and connecting.**
 - *What new ways of coping do you plan to use during your recovery?*

- **Find meaning or spirituality in your life.**
 - *Do you feel that there is meaning and purpose in your life?*
 - *What can you do to add more?*

- **Get the help you need to manage your symptoms**
 - *Do you call your health care team when you need help?*
 - *If not, why?*

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- **Increase social support**
 - *How can your friends and family help you?*
 - *What are some ways you could improve your social life?*
- **Make healthy lifestyle changes.**
 - *What healthy habits for your mind or body do you want to start?*
 - *What is the first step to take?*
- **Practice and prepare for your recovery journey**
 - *What have you learned about healthy coping and recovery that makes sense based on your life experiences?*
 - *What personal growth or connections have you made?*
 - *What have you learned that can help improve your recovery?*

Optional assignment for students: Find an appropriate/valuable research article about PTSD or coping with trauma from a scholarly journal. Post a summary, along with its link. Nursing students should use nursing research articles.

Optional assignment for nursing students: Create an individualized care plan for your patient's scenario. Use the **Nursing Care Plan Worksheet**. Write at least one psychosocial nursing diagnosis. (there is room for 2 on the form). You will need a specific, measurable, realistic, and timed objective for a short-term and a long-term goal. Include at least two interventions, some rationale, and describe how you would evaluate them.