




THE BAKER CENTER
FOR CHILDREN AND FAMILIES

May Is Trauma Awareness Month



Learn More About Trauma **Part 4**



Not all children who experience
a traumatic event will experience
traumatic stress.


With effective, trauma-informed
treatments and supportive caregivers,
children can recover and thrive.





Trauma treatment for kids often involves both the child and the caregivers.

During the sessions:


- Children and caregivers receive psychoeducation about the prevalence of trauma, common reactions to trauma, and what treatment will look like.
 - Caregivers learn parenting skills to strengthen the parent-child bond and help manage child behavior challenges.
 - Caregivers and the child learn relaxation skills to help manage the feelings of fear and anxiety that can be felt in the body, and cognitive coping skills to help the child challenge inaccurate and unhelpful thinking.
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Therapists help the child build skills to identify, verbally express, and regulate their emotions.

With a therapist, the child writes a trauma narrative of the events that happened to help them approach memories, thoughts, and feelings connected to the events. The narrative story helps the child to process the events, reduce levels of negative emotions while thinking of the events, and to move forward in their lives.

These are common elements of effective treatments for trauma. However, there are variations in treatment components depending on the child's traumatic experiences, developmental age and stage, and their emotional and behavioral presentation.



Center for Effective Therapy



To schedule a phone screen with one of our Program Assistants, follow the QR code, or visit our website.