

## Trauma Assessment Feedback Checklist

- ✓ I appreciate your time AND the information has been helpful in planning treatment
- ✓ Begin with praise for the family.
- ✓ Re-state caregiver's primary concern and goal for evaluation.
- ✓ Describe **Posttraumatic Stress Disorder (PTSD)**
  - Types of symptoms:
    - Distressing memories
    - Avoidance of past
    - Negative thoughts about self
    - Heightened arousal
  - Doesn't remit spontaneously; but very treatable
- ✓ Explain how the client's presenting problem fits with PTSD/trauma
  - Give examples from Stoplight sheet
- ✓ Give a solution (TF-CBT) & Communicate hope
  - Most effective treatment for trauma symptoms (>80% improve)
  - Important goals, activities, skills in counseling (share TFCBT handout)
  - Short-term (3-6 months) AND should see improvements even sooner
  - **Caregiver Involvement** is key. Must practice new skills at home.
- ✓ Invite feedback

*I've talked a lot about what therapy will look like, some of this may sound very good and there may be things I've mentioned that you don't feel will work for your family. Or you may have worries about starting counseling. I'd like to hear your thoughts.*