



Training Overview

- I. Understanding Trauma
- I. Treatment for Youth
- III. The Storiez Intervention

Part I: Understanding Trauma

- A. Defining Trauma
- B. Trauma exposure and inner city youth
- C. Consequences of trauma exposure

Part II: Treatment for Youth

- A. Best Practices
- B. Treatment Modalities
- C. Common Factors
- D. The Trauma Narrative

Part III: The Storiez Intervention

Step 1- Choosing a Client
Safety/stability
Agency context
Mental health
Development

Step 2- Orienting the Client
Create safety
Allow for choices/control
Introduce each stage
Questions/collaboration

Step 3- Life Highlightz: Making a Timeline
Create a container
Name past events
Contain emotion
Organize events
Reflect
Contain timeline

Step 4- Optionz: Choosing a Story Style
Choose a story type
Create structure

Step 5- Threadz: The Story up Close
Process each memory
Read, review, and reflect
Contain story
Repeat

Step 6- The Partz: Putting it All Together
Reorganize story
Involve client

Step 7- Expressionz: Voicing the Story
Prepare client
Read/review the story
Reflect

Step 8- Visionz: Looking Ahead
Identify future goals
Discuss action steps

Step 9- Symbolz: Honoring the Story
Consider creative options
Discuss safe places for the story