

An Introduction to Trauma and Grief Component Therapy for Adolescents

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Length: 2 hours

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- Welcome and Introductions
- Overview of TGCTA and the pre-treatment interview
- Foundational components, including:
 - Building Rapport & Psychoeducation
 - Managing Strong Emotions & Trauma Reminders
 - Learning Posttraumatic Coping Skills
 - Sizing Up a Situation & Replacing Hurtful Thoughts
 - Recruiting Support from Others
- Safely and effectively processing traumatic experiences and sharing narratives.
- Preparing to share trauma experiences and group narrative sharing
- Multisystemic grief theory and learning about grief
- Reactions to loss reminders and coping with traumatic deaths
- Identifying positive and negative traits, reminiscing, & relapse prevention
- Promoting developmental progression and coping with difficult days
- What is not the client's job to fix, future planning, & graduation
- Q&A
- Wrap-up

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