

# SEVERE TRAUMA & STRESS RECOVERY WORKSHOPS

## 10. EXTRA BITS AND PIECES

### 1. Formula First Session Task (FFST) – Adapted version

“Between now and when we meet . . . I’d like you to notice . . . what you have done already to process this event/put it away safely . . . . Can you do that for me?”

### 2. Exception finding questions

“Tell me about a time when the problem is not happening at all; or, is happening less.”

“Tell me about times when you are coping better with this situation.”

Threefold purpose:

1. Shows the client it is not 100% bad, 100% of the time
2. Shows that you expect there to be better times
3. There are grounds for hope

### 3. The Neuroscience

van der Kolk, Bessel (2014) *The Body Keeps the Score: Mind, brain and body in the transformation of trauma*. Penguin: Random House

LeDoux, Joseph (2011) The Emotional Brain: from the humanities to neuroscience and back again. Copernicus Centre Lecture. YouTube video

LeDoux, Joseph (2012) Joseph LeDoux’s Biggest Discoveries. YouTube video

### 4. Beginning second and subsequent sessions

4 x step process:

1. Elicit positive change: “What’s better?”
2. Reinforce: “How did you do that?”  
“How did you know how to do that?”  
“What have you learned by doing that?”
3. Amplify: “What else is better?”  
“Who’s noticed things are better?”; “What have they noticed?”
4. Build on improvement: “As a result of doing this, what else might you do?”  
“What might be your first small step?”

### 5. 3 x part ending:

- a. Acknowledgement, validation and complimenting
- b. Bridging statement/rationale for the task
- c. Task/homework

- i. notice;
- ii. think about;
- iii. do

Date and time of next appointment

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