

# SEVERE TRAUMA & STRESS RECOVERY WORKSHOPS

## 2. HELPFUL QUESTIONS AND STATEMENTS FROM THE WORKER

- 1) "How would you like to use these sessions?"
  - 2) "How much of the detail do you need to tell me before you are ready to move on?"
  - 3) "Would it matter, if you healed yourself without remembering all that happened?"
  - 4) "What strengths, qualities or special abilities did you call into play to survive that time/those incidents?"
  - 5) "What have you done, up to now, not only to heal yourself, but to be living your life well?"
  - 6) "What do you feel you need to tell me, in order for me to be most helpful to you?"
  - 7) "What particular techniques do you use to counteract any intrusive thoughts you might be having?"
  - 8) "On a scale of 1-10, where are you now, in terms of living life to the full?"
  - 9) "What have you put into place so far?"
  - 10) "What we know from this type of work, is that rarely, is the victim to blame at all."
  - 11) "It is quite common for people to feel guilty, but the guilt belongs with others"
  - 12) "What has been particularly helpful to you so far in expressing anger or other strong feelings?"
  - 13) "What particular strengths, qualities, resources do you have that you have found to be helpful to you?"
  - 14) "What would be the first (smallest) sign that things are getting better; that this is having less of an impact on your life?"
  - 15) "What will you be doing differently when this (incident/trauma) is less of a problem in your life?"
  - 16) "What will you be doing differently with your time?"
  - 17) "What useful things will you be in the habit of saying to yourself?"
  - 18) "What will you be thinking about (doing) **instead** of the thinking about the past?"
  - 19) "Tell me about some times when the above is already happening to some (even small) extent."
  - 20) "What difference will the above healing changes make when they have been present in your life over an extended period of time?" (Weeks; days; months; years)
  - 21) "What do you think that your (significant other) would say would be the first sign that things are getting better?" "What do you think he/she will notice first?"
  - 22) "What do you think your (friends; boss, etc.) will begin to notice about you as you heal/move forward even more?"
  - 23)
  - 24)
- (Add more of your own)