

## **STRENGTHENING FAMILY COPING RESOURCES**

### **Module Three: Session Twelve – *When Bad Things Happen II***

Date:

Facilitators Present:

1. Family Meal – Facilitators encourage and model appropriate conversation, sharing, and supervision of children. Remember to be sensitive to and empowering of the parent(s).

\*Include conversation prompts for those families who are not being video recorded

#### 2. Opening activities (Lead Facilitator)

- Welcome
- Rules (Facilitator)
- Give thanks for those who helped prepare the food and get the room ready
- Check in with each family
- Review schedule for the evening
- Opening ritual:

#### 3. Jenga (Facilitator; 15 minutes)

- Hand out *Jenga*. Inform families that the group will continue to talk about trauma and how it affects their family in tonight's group. To start, they are going to play a game of *Jenga* as a family. For those families who are unfamiliar with the game, inform them they should take turns removing a piece from the puzzle. They should go around the table, making sure everyone gets a turn.
- After a few turns, stop the families and have them look at their Jenga structures. What will happen if they keep taking pieces away? The whole thing will collapse. Make a connection between Jenga and the effects of chronic trauma and what families need to keep from collapsing.

#### 4. SIT Reinforcement (Facilitator; 10 minutes)

- We know you have been practicing your relaxation routines. We would like to give you another idea about a way to relax.
- Introduce Cool Cats, Calm Kids relaxation activity. Have participants either sit or stand and stretch like a cat. Remind participants of the benefits of relaxation.

#### 5. Telling the Family Trauma Story (55 minutes) (Facilitator-Family Assignments)

- Check in with families about their avoidance in coming to session. Can ask them "Did you feel reluctant to come today like I talked about last week?" Have them rate reluctance on a scale from 1-10. Ask them why they felt reluctant and what they did to overcome it?

**\*This guideline is not intended to replace the comprehensive instructions provided in the manual**

- Guide the family through telling their story about the bad thing(s) that happened. Name the trauma or traumas that the family is dealing with using the words that the family uses to talk about it.
- Monitor the level of family members' stress and anxiety closely. Cue family members to use SIT skills if needed during the narrative. Homework review: Coping Resources Worksheet
- If the family decided the narrative was to be used as an exposure technique, at some point in the telling of the trauma story, ask the family to talk together about the worst moment/memory/ part of the traumatic event. Encourage the family to tell about this including as much detail as possible. Each family member will probably have a different worst moment and this is fine. Encourage the family to hear each person's recollections.
- Young children in the family may want to draw the story as it is being told. Having some toys available for them to play quietly is also helpful.
- After about 40 minutes, assess where the family is in their conversation about the trauma(s). If the family is close to the end of the story, the facilitator should do nothing. If the family is nowhere near the end, the facilitator should help the family reach a stopping point and regain emotional balance before ending the session. It is important that the session ends with the family able to rejoin the group, continue to participate in the closing activities, and leave the group to go home in a healthy manner.

#### 6. Closing Activities (10 minutes)

- Thank everyone for taking part in tonight's group (Lead Facilitator)
- Check that everything was covered/summary of session (Lead Facilitator)
- Share a good thing about each family (Team)
- Introduce topic for next week (Facilitator) – Next week, we will continue to talk about the bad things that your family has experienced.
- Review tasks/homework for the following week – Using your coping resources
- Planning contacts for the week – **Continue system for families to contact one another**
- Closing ritual (Facilitator):