

## Strategies for Engaging Caregivers with Trauma Histories in Family Treatment

- Emphasize physical environment and comfort
- Demystify treatment process
- Minimize use of jargon
- Expand system whenever possible
- Explore beliefs about hope and change
- Emphasize parental competency and good intentions
- Exploring existing attributions and beliefs
- Evaluate adult and child exposure to current traumatic stressors and trauma triggers
- Acknowledge and recognize caregiver distancing from child as a possible coping skill
- Support caregiver to get mental health services if needed
- Have caregiver identify a responsible adult who can participate in child's treatment if caregiver cannot
- Support caregiver to participate in activities unrelated to role as parent
- Support caregiver's self care efforts especially those relating to managing stress
- Normalize child and adults' responses to traumatic stress
- Address family crises as needed but return to trauma work as soon as possible
- Mirror/ acknowledge client's communications
- Direct coaching as needed



- Psycho-educate about effects of traumatic stress on individuals and relationships
- Take responsibility when things go wrong in service delivery context
- Maintain low anxiety in the room
- Use blame-free, neutral language
- Use supervision to address counter transference and vicarious traumatization