

Trauma-Sensitive Review Form

Child's First Name: _____ Age: _____

This informal worksheet is to help you, as a resource parent, review your child's previous experiences, the current way rewards and consequences are handled in the home, and then brainstorm new ideas to help your child.

Trauma-informed parenting, in part, is being curious as well as being comfortable asking questions of team members (including your social worker, doctors, and members of the birth family) and looking for clues in the child's behavior.

When asking questions, be sensitive and respect the privacy and safety of the child as well as the person you are speaking with. Choose appropriate surroundings, well out of range of the child or other family members.

This is a living document, which means that it should be updated regularly as you care for your child.

Creation Date: _____

Revision Date: _____

Revision Date: _____

Revision Date: _____

Revision Date: _____



Section 1a: Trauma History, Relational Trauma

As a resource parent, you aren't expected to know the complete trauma history of the child. In this section, even if you aren't sure, include notes about things you suspect a child may have been through.

Type of Relational (Family-based) Trauma	Age(s) When Experienced	What I Know, Suspect, and Don't Know
Physical Abuse		
Sexual Abuse		
Injury / Illness of Loved One		
Death of a Loved One		
Ambiguous Loss		
Exposure to Sexual Activities		
Emotional Abuse		
Neglect		
Domestic Violence		
Disrupted Caregiving		

Section 1b: Trauma History, Non-Relational Trauma

Type of Non-Relational Trauma	Age(s) When Experienced	What I Know, Suspect, and Don't Know
Natural Disaster		
Serious Accident or Injury		
Serious Illness		
Witnessing Death or Injury		
Physical Assault		
Sexual Assault		
War/Terrorism/Political Violence		
Forced Displacement		
Community Violence		
School Violence		

Section 2: Child's Sources of Resiliency

This section is meant to help you identify all the child's sources of strength and support you can potentially build on and nurture. We encourage you to dig deep to identify the child's experience. Refer to the handout "Where to Look for a Child's Sources of Resiliency" for additional information.

Potential Sources of Strength and Resilience	Child's Experience
Relationships, from the child's point of view <i>(including who the child loves and who the child defines as friends)</i>	
Support <i>(including who the child gets support from, and who is invested in the child doing well)</i>	
Coping Skills & Environments <i>(including situations where the child does well, times when the child can communicate well, and places or times where the child functions well or has the most success)</i>	
Talents, Interests <i>(including activities the child is interested in or does well in)</i>	
World View <i>(a sense of belonging or connection to something larger than him/herself, including spiritual beliefs, a larger community)</i>	

Section 3: Signs of Aftereffects from Complex Trauma

What are the signs and behaviors you have noticed and how do they relate to the trauma your child experienced? As you fill this section out, select the aftereffects you notice and write in the possible signs you feel are related to the aftereffect. Refer to the handout “Aftereffects of Complex Trauma” for additional information.

Aftereffects (see handout)	What signs make you think this might be an aftereffect of trauma? How do you think these relate to the trauma experienced by your child?
Attachment	
Physical Health	
Emotional	
Detachment	
Behavioral	
Cognitive & Thought	
Self-Concept	

Section 4a: Current Parenting Practices

As a resource parent what have you tried and what are you currently doing to help support the child in each of the aftereffects he or she is experiencing?

Aftereffects (see handout)	Things you have already tried, or are currently doing to help the child	How successful do your attempts seem to be (Mildly, Moderately, Highly)? When and under what circumstances are you having the greatest success with these strategies?
Attachment		
Physical Health		
Emotional		
Detachment		
Behavioral		
Cognitive & Thought		
Self-Concept		

Section 4b: Nurturing Sources of Resilience

What are some specific actions you are taking to help strengthen the child in each of the areas below?

Child's Potential Sources of Resilience	What are you currently doing to support strengths?
Relationships & Supports	
Coping Skills & Environments	
Talents, Interests	
World View	

Notes:

Section 5: Trauma-Informed Parenting

This section is to note possible new parenting techniques to help with the aftereffects. As a living document, continue to fill out this section as you learn more about the various aftereffects through reading, viewing training courses, and research on the internet from reputable organizations, and/or meeting with professionals who specialize in children who have experienced trauma and the aftereffects.

Aftereffects	New Steps to Help the Child
Attachment	
Physical Health	
Emotional	
Detachment	
Behavioral	
Cognitive & Thought	
Self-Concept	

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This handout was developed in partnership with the National Child Traumatic Stress Network. We thank NCTSN for their contributions. For more information see the “Effects of Complex Trauma” at <http://www.nctsn.org/trauma-types/complex-trauma/effects-of-complex-trauma> and “Symptoms and Behaviors Associated with Exposure to Trauma” at <http://www.nctsn.org/trauma-types/early-childhood-trauma/Symptoms-and-Behaviors-Associated-with-Exposure-to-Trauma>

