

# CAREGIVER TRAUMA

## Trauma-Informed CDI Coaching Blurbs

Think about how trauma can influence a child's view of themselves, others, and the world. Use what you know about PCIT skills to help the caregiver begin to give their child messages that can repair trauma.

### NEGATIVE, HARSH, or ABUSIVE CHILDHOOD

- I know it can feel uncomfortable praising her since you didn't have that growing up. This is a chance to show [Child] *something different!*
- [Child] feels so good when you praise him. You are *breaking the cycle of harsh criticism*. Children who are praised grow up feeling more *confident*.
- You know what it is like to not have a voice when you were a child. I am so pleased you are giving [Child] the *opportunity to have a voice*.

### AVOIDANCE

- I know it can be uncomfortable when [Child] brings up the fighting. Your brain wants to shut down. But when you are responsive to him now, you tell him *it's okay to talk about hard things*, and model for him how to *cope*.

### FEAR OR ANXIETY

- Trauma can make us really keyed up and on edge. When you slow down the play, you model for [Child] that this is a safe place and he can *slow down* too.
- You froze when he hit you. That is a *survival response*. You are okay. Remind him that you will leave the room if he hits you again.

### DISSOCIATION

- I seem to have lost you for a second. Nod if you are here with me. That is common for trauma-exposed people. Take a deep breath and tell me what you see [Child] doing.
- Good job for coming back to this *present moment* and being there for [Child], *even when it is hard*.

### RE-EXPERIENCING

- It seems like [Child's] loud voice triggered you. I want you to tell yourself: *"I am safe right now."*
- It is okay to *take a moment* if you are having negative memories.