



Continuing Excellence LLC

## **An Introduction to Trauma and Grief Component Therapy for Adolescents**

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**Date:** June 28, 2024

**Time:** 11:00 AM to 1:00 PM ET (*All times East Coast USA Local Time*)

### **I. 11:00 a.m. – 1:00 p.m.**

- Welcome and Introductions
- Overview of TGCTA and the pre-treatment interview
- Foundational components, including:
  - Building Rapport & Psychoeducation
  - Managing Strong Emotions & Trauma Reminders
  - Learning Posttraumatic Coping Skills
  - Sizing Up a Situation & Replacing Hurtful Thoughts
  - Recruiting Support from Others
- Safely and effectively processing traumatic experiences and sharing narratives.
- Preparing to share trauma experiences and group narrative sharing
- Multisystemic grief theory and learning about grief
- Reactions to loss reminders and coping with traumatic deaths
- Identifying positive and negative traits, reminiscing, & relapse Prevention
- Promoting developmental progression and coping with difficult days
- What is not the client's job to fix, future planning, & graduation
- Q&A
- Wrap-up

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