



# Managing Trauma Workbook: A Toolbox of Reproducible Assessments and Activities For Facilitators

*Ester R A Leutenberg, John J Liptak EdD*

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## **Managing Trauma Workbook: A Toolbox of Reproducible Assessments and Activities For Facilitators**

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Written for practitioners working with individuals and groups.

People who have experienced a traumatic event are likely to develop a variety of symptoms associated with that event. The assessments and activities in this workbook are designed to provide facilitators with a wide variety of tools to use in helping people manage their lives more effectively. Many choices for self-exploration are provided for facilitators to determine which tools best suit the unique needs of their clients.

The purpose of this workbook is to provide a user-friendly guide to short-term assessments and activities to help people manage their issues related to trauma, and experience a greater sense of well-being. In addition, this workbook is designed to help provide facilitators and participants with tools and information needed to overcome the stigma attached to the reactions of trauma issues.

In order to help participants successfully deal with reactions to traumatic events, facilitators need to have a variety of assessments and activities to help their participants open-up and begin to manage the symptoms of traumatic issues.

The *Managing Trauma Workbook* provides assessments and self-guided activities to help participants understand the intensity of their issues and how can lead a more effective life.

The *Managing Trauma Workbook* contains the following modules:

### **Module I: The Story of My Trauma**

This module will help participants share all aspects of their story in a safe way and put it into a positive perspective.

### **Module II: Re-Experiencing My Trauma Symptoms**

This module will help participants explore the various ways that they re-experience their trauma and provides tools for coping with these symptoms.

All worksheets and handouts are reproducible.



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