

Trauma Track Week 1

Monday

10:00 Identify group rules, introductions and ice breaker
10:30 Psycho education of TBCFT
11:30 The goals of TBCFT and who this is for
12:15 Lunch
12:45 Defining trauma, exploring types of trauma
pg4-12 principles of trauma book
1:45 Group talk therapy/self soothing
2:30 Close out

Tuesday

10:00 Check in/ goal for day. Goal worksheet
10:30 Common reactions to trauma/ body keeps score
11:30 Common reactions to trauma/ body responses to trauma pt. 2 (pg 102 befriending the body-body keeps score)
12:15 Lunch
12:45 Defining trauma, exploring types of trauma
1:345 Group talk therapy
2:30 Close out

Wednesday

10:00 Check in/ goal for day. 5 min video square breathing
10:30 Meditation, music/mindfulness. How it helps with trauma
11:30 Meditation, music/mindfulness. How it helps with trauma pt.2
12:15 Lunch
12:45 Abstract word + poem
1:45 Group talk therapy
2:30 Close out

Thursday

10:00 Check in/ goal for day. Mindful elevation meditation
10:30 Discussing situations that trauma may arise and might be reduced by applying relaxation techniques/emotion regulation
11:30 Anger Distortions/CBT psych ED
12:15 Lunch
12:45 Emotion identification, Identify trauma related emotions
1:45 Group talk therapy
2:30 Close out

Friday

10:00 Check in/ goal for day. Leaves on a stream 10 min meditation
10:30 Emotion regulation / YouTube Inside out
11:30 Cognitive coping skills / Anger management
12:15 Lunch
12:45 Cognitive coping skills/opposite action of your emotional urges
1:45 Group talk therapy
2:30 Close out

Group talk therapy to talk about thoughts and feelings from information today or feelings it brought up

Trauma Track Week 2

Monday

10:00 Check in/ goal for day. Progressive muscles relaxation
10:30 Thought pattern identification
11:30 Challenging thoughts/ Passive vs. aggressive behavior
12:15 Lunch
12:45 Self esteem
1:45 Group talk therapy
2:30 Close out

Tuesday

10:00 Check in/ goal for day
10:30 Relationship roles/role patterns
11:30 Conflict resolution / Radical acceptance
12:15 Lunch
12:45 Anger management/forgiveness
1:45 Group talk therapy
2:30 Close out

Wednesday

10:00 Check in/ goal
10:30 Distress tolerance / Wise mind
11:30 Harm reduction pt 1
12:15 Lunch
12:45 Self sabotage
1:45 Group talk therapy
2:30 Close out

Thursday

10:00 Check in/ goal for day
10:30 Harm reduction techniques pt 2
11:30 Drama triangle video
12:15 Lunch
12:45 Drama triangle
1:45 Group talk therapy
2:30 Close out

Friday

10:00 Check in/ goal for day
10:30 Containment model
11:30 Build container
12:15 Lunch
12:45 Build Container
1:45 Group talk therapy
2:30 Close out

Close out- goal for the night (something learned/ how can you apply it to why they are here- support person for night)

Trauma Track Week 3

Monday

10:00 Check in/ goal for day
10:30 Distress tolerance
11:30 Apply in action distress tolerance/art
12:15 Lunch
12:45 DEARMAN video
1:45 Group talk therapy
2:30 Close out

Tuesday

10:00 Check in/ goal for day
10:30 Wise mind
11:30 Role play wise mind
12:15 Lunch
12:45 support written cards to self
1:45 Group talk therapy
2:30 Close out

Wednesday

10:00 Check in/ goal for day
10:30 letter to future self video
11:30 letter to future self
12:15 Lunch
12:45 Goals short and long term/rate your goals
1:45 Group talk therapy
2:30 Close out

Thursday

10:00 Check in/ goal for day
10:30 window of tolerance/ video pt1
11:30 window of tolerance handouts pt2
12:15 Lunch
12:45 window of tolerance pt3
1:45 Group talk therapy
2:30 Close out

Friday

10:00 Check in/ goal for day
10:30 Exploring the trauma goals again to see if they have changed
11:30 Expressive Arts
12:15 Lunch
12:45 Resources
1:45 Group talk therapy
2:30 Close out