

# Single Session Map Adapted for Trauma Work

**START HERE**

**PRE-SESSION ASSESSMENT**

Assessment of risk, need for subsystem work, session format



**CONTEXT SETTING, CONNECTING, CONTRACTING FOR RELATIONAL AND EMOTIONAL SAFETY NEEDS**

Include an initial discussion of emotion regulation and how to have safe conversations  
*"How would we know if you started to feel unsafe?"*

**FINDING A FOCUS, ESTABLISHING CLIENT PRIORITIES**

Developing working themes: "Talking about the talking " to limit discussion to the impacts of trauma on relationships (rather than the details of the traumatic incident/s) to ensure safety

**STAYING ON TRACK; CHECKING IN**

on timing and pacing, as well as emotional regulation check-ins. Providing validation and opportunities for self-regulation (throughout session)  
*"What would I/you/family notice if you started to feel unsafe?"*



**LISTENING FOR CLIENT RESOURCES**

Actively listen for stories of resilience, resistance, and healing. Use questions that help the family reflect on their strengths.  
*"What has helped you get through the most difficult moments together?"* Reflect signs of healing back to the family.



**BREAK**

Either an actual break or a punctuation in the session  
 Check-in before the break/your reflection: *"Have I understood what I need to understand so far, do you think?"*



**REFLECTION**

Share your thoughts openly, with special attention provided to signs of healing, reinforcing the family's capacity for growth

**HEARING CLIENTS' FEEDBACK**

*"Has any of that been helpful moving us toward your goal?"*  
*"Is anything I've said not sitting well with you?"*

**CHECKING IN AND CLOSURE**

Ask how family members will keep themselves (emotionally) safe after the session: *"How might you take care of each other as a family after this session?"*  
 Make appointment for follow-up phone call or further session  
*"Any last questions/concerns?"*