



*Los Angeles County DMH, Continuum of Care Reform Division*

## Trauma/Resilience Tip of the Week: Trauma Narrative

What is Trauma Narrative? One of the most promising resilience building techniques is constructive trauma narrative. “A Constructive Narrative Perspective (CNP) highlights the value of helping traumatized individuals develop “healing stories”, and accompanying coping processes. A CNP can inform resilient-oriented treatment approaches.” (Meichenbaum, 2013a).



### Helpful Tips:

- Processing a traumatic event can aid in the outcome of an individual’s functioning.
- Trauma is defined by the experience of the survivor; responses and impacts of traumatic events are diverse. It is important to honor a survivor’s perception of the event.
- Painful and intrusive thoughts are involuntary. A caring and patient support system is crucial to the processing of a trauma survivor’s narrative.