

Tips for Creating a Written Trauma Narration via Telehealth

- Open a blank Word document or PowerPoint template and share your screen with the child via the videoconferencing platform
- Make sure that your font size is large so that it is easy for the child to see (at least 20 point font if the child is using a computer and 48 font for smartphone screens).
- The child can dictate while the therapist types what the child says.
- The screen share function in the videoconference platform allows the child to see what the therapist is typing in real time.
- Depending on the age of the child, you can make this activity more dynamic by:
 - Having the child work on a drawing as they are dictating the story to you, and asking them to hold the drawing up to the webcam when finished. If you wish, you can take a screenshot of the child's drawing to incorporate into the trauma narrative document.
 - Allowing the child to select clip art or images to embed in the trauma narrative document (NOTE: we recommend against searching for images "live" with the child, as you cannot control what results appear when conducting an internet search. Instead, we recommend you create a relevant bank of images and save it to your computer, and allow the child to select images from this more constrained sample.)
 - Asking the child to choose one font color for sentences to represent thoughts and another to represent feelings. When the child has finished with the first iteration of the trauma narrative, you could go back through the trauma narrative and ask the child whether a given statement is a thought or a feeling, and change the font to the corresponding color.