

Charleny Genoval

SWK658

Dr. Carlton Jean

Journal 8

Our group decided to come together to come up with an intervention for teens suffering from traumatic experiences. We decided that the best approach was to provide CBT for them, allowing them to work on taking control of their thought patterns that all of their lives will consist of trauma and violence against them and changing it to positive constructive thoughts. We also touched on the importance of exploring behaviors that come with the trauma that they faced and helping them develop coping skills that can be helpful to change those behaviors. The group also discussed treatment plans and the importance of setting up SMART goals for each. We also explored the possibility of exposure therapy but were not sure if it would be appropriate depending on the type of trauma that they endured. Working as a group to come up with an intervention was very helpful because we were able to put our ideas together and share what interventions we have been doing with our current clients at our agencies. This to me was also helpful because it gave me insight and ideas of what I can do or use with my own clients. We also shared what has worked and what hasn't worked in the past and how we knew which approach to take when something does not work.