

How to do Phase Two

Phase Two begins the objective analysis of each incident. Up until this point the person has focused on his or her feelings about the traumatic events. Now the incident is broken down to include contradicted values, beliefs, image and reality; the person's losses, and his or her thoughts, and behaviors in response to the incident (survival responses). The first step is to arrange all of the Phase One incidents in chronological order. Then the following form or "matrix" is completed for each incident.

SUMMARY OF TRAUMA CAUSING EVENT	SUMMARY OF FEELINGS	VALUES, BELIEFS, IMAGE AND/OR REALITY CONTRADICTED BY THE INCIDENT	LOSSES EXPERIENCED BECAUSE OF THE CONTRADICTIONS	THOUGHTS, BEHAVIORS IN RESPONSE TO THE INCIDENT (SURVIVAL RESPONSES)

Column 1 is a brief summary of the traumatic incident. For example, this may be: "I was 15 years old. You were drunk and sexually abused me in the living room while Mom was at work." The summary should be kept brief but distinctive. "Incident #1" is not enough. Rewriting the entire incident is too much.

Column 2 is a simple copying exercise. Copy all of the feelings listed in the Phase One incident into this column. There is no need to duplicate feelings. If you think of other feelings, you may list them now.

Column 3 takes some thought and concentration. Ask yourself, "What *should* my perpetrator have been doing?" or "How *should* I have been treated?" In this column you put into words what made the act of the perpetrator wrong in your mind. The focus stays on the perpetrator, not on the victim. For example, you may write: "Fathers should not touch their daughters sexually" or "I should have been allowed to grow up and make a choice about my first sexual activity." Something like "I should have trusted my father" does not belong here since it switches the focus to the victim. This statement can be rephrased as "My father should have been trustworthy." Write as many values and beliefs contradicted by this incident as you can recall. Do not just write a few to have something in the column. The more thorough you are, the more effective the treatment.

Column 4 lists all of the losses related to the previous contradictions. For example, since the father's behavior contradicted the belief that fathers should be trustworthy, one loss would be "trust." You would also list things like innocence, good judgment, the opportunity to be a virgin on my wedding night, faith in God, etc. Again, any and all losses you can think of should be listed.

Column 5 gives you the opportunity to finally list what you thought and did in response to the trauma. In this column the focus begins to shift to the victim, although the emphasis is on the incident triggering these responses. This is what the victim did to survive. List those thoughts and behaviors directly related to the specific incident. General responses will be listed later.

Examples would be: “I began to avoid my father,” “I lied about the bruises,” “I lied to get out of the house,” etc.

The completed form will look something like this:

SUMMARY OF TRAUMA CAUSING EVENT	SUMMARY OF FEELINGS	VALUES, BELIEFS, IMAGE AND/OR REALITY CONTRADICTED BY THE INCIDENT	LOSSES EXPERIENCED BECAUSE OF THE CONTRADICTIONS	THOUGHTS, BEHAVIORS IN RESPONSE TO THE INCIDENT (SURVIVAL RESPONSES)
I was 15 yrs old. You were drunk and sexually abused me in the living room.	sad, scared, hurt, ashamed, angry, disgusted	Fathers should not touch their children in sexual ways I should have been allowed to grow up and make a choice about my first sexual activity. My father should have been trustworthy. Fathers should not get drunk.	Innocence, trust, opportunity to be a virgin on my wedding night, good judgment, self-esteem Faith in God, trust in men, security, femininity, sexuality, respect for you, respect for myself, Joy, happiness, faith in my father, my father, trust in my mother	Avoid my father, avoid my friends, think you were sick, think I was a slut, became promiscuous with boys. Lied about the bruises, lied to get out of the house, thought it was my fault, thought it was my mom’s fault hid your alcohol, stayed in my room unless mom was home

For a person writing about his or her own alcohol or drug addicted behavior, the incident might look like this:

SUMMARY OF TRAUMA CAUSING EVENT	SUMMARY OF FEELINGS	VALUES, BELIEFS, IMAGE AND/OR REALITY CONTRADICTED BY THE INCIDENT	LOSSES EXPERIENCED BECAUSE OF THE CONTRADICTIONS	THOUGHTS, BEHAVIORS IN RESPONSE TO THE INCIDENT (SURVIVAL RESPONSES)
I was driving home from work drunk and I got my 2nd DUI.	Scared, humiliated, angry, ashamed, hurt	I shouldn’t have been drinking and driving again. I should learn from my mistakes. Alcohol is not the way	Self-esteem, safety, respect for myself, Respect for police, my families respect for me, My car, my driver’s license, my freedom,	drink more and secretly, smoke marijuana, call into work sick a lot, ignore my wife, lie, Avoid my children, refuse to attend

		to deal with stress.	relationship with my wife, relationship with God.	church, avoid my friends, go out with other drunks
		I would not want my daughter driving on the highway with a drunk.		,
		I should not fight with police.		

Just like in Phase One, after the facilitator has taught the participant how to complete the matrix, the participant should complete only three and then bring them in and have the facilitator look over them before writing more or reading any. I am constantly reminded of a former group member who never let the group forget that she had to re-read 20 incorrectly written Phase Two incidents after another TRT facilitator missed looking over them. I caught them when I first took over the group. She was acutely aware of the difference when she read them correctly, however.

Phase Two incidents are read in chronological order three to seven or eight at a time. The amount is left up to the discretion of the TRT counselor and the desire of the TRT participant. They should be read in a way that is not too overwhelming and allows the individual to process each incident while seeing the big picture. It also shows clearly the link between the trauma incident and the change in the individual's behavior and thought processes. The group format remains the same regardless of the phase of each individual. More specific instructions, as well as role-play opportunities, are given in the Etiotropic Trauma Management Certification Workshop.