

TRAUMA ART NARRATIVE THERAPY



Trauma Art Narrative Therapy (TANT)[™] is a trauma resolution tool. This is a checklist designed to help guide you through the important steps to complete for each TANT session. This checklist does not take the place of completing the TANT Level One workshop training and it also does not take the place of the TANT Workbook or needing TANT Technical Support. You can refer to these key points for any TANT series that you are doing with a client. There is TANT technical support available. Just send a request through the TANT website www.learntraumaart.com

PRE-TANT Checklist- What you need to do before starting the first TANT session.

SAFETY CHECK

-) You can confirm that your client
 - Is not involved in any active trauma
 - Does not have current psychosis
 - Does not have current safety issues e.g. suicidal thoughts, self-harming, homicidal thoughts

ASSESSMENT

-) There is a history of an exposure to a traumatic event
-) Based on your assessment the client has symptoms and/or behaviors which are thought to be related to a traumatic stress exposure
-) Screening measures are done as a baseline before starting TANT
 - Adults- PTSD Checklist, Primary Care PTSD Screen, Life Events Checklist,
 - Kids- UCLA PTSD Index, TSCC (Trauma Symptom Checklist for Children), Child Stress Disorder Checklist

PRE-TANT CHECKLIST, continued

INFORMED CONSENT

-) Different trauma resolution methods are reviewed as options including TF-CBT, EMDR, prolonged exposure
-) The client and/or caregivers understand why you think a trauma resolution method is needed
-) The risks and benefits of using a trauma resolution method versus not using one are explained and understood

EDUCATION ON THE TANT PROCESS

-) Make sure a safety plan is in place
-) Review role for caregivers during the TANT process
-) Specific emotions and thoughts about the traumatic event will be discussed after the TANT process is completed
-) If a TANT Team is being used then make sure everyone knows their specific role
-) You have discussed with the client and/or a caregiver what specific traumatic event will be the focus for the TANT process. (Trying to use TANT to “find” a trauma is officially CONTRAINDICATED)

SESSION ONE TANT

- Brief check-in to go over TANT Steps and answer any questions for the client.
 -) Confirm that the person has a self-care and safety plan
 -) For kids and caregivers, confirm the post-TANT session activity to be used
 -) A list of the TANT Steps is available for the client to see and refer to if needed.
- TANT supplies are available.
 -) The person has a drawing space i.e. desk, table
 -) 8 ½ X 11 to 11 X 17 copy paper and large tip colored markers are available
- TANT Step One- SAFE POINT BEFORE
 -) The person draws a picture of themselves at a safe point BEFORE the traumatic event or “bad or scary thing” that happened.
 -) The safe point before should be as close in time to the traumatic event; if possible the same day or within a day.
 -) Remember the SAFE POINTS are about actual safety, not necessarily feeling safe.
 -) Make sure the client draws themselves in each drawing.
- Review the drawing and ask for the details of the drawing or the “facts” of the drawing. Make notes of the drawing detail in preparation for the first narrative review.
- Place the SAFE POINT BEFORE on a table or on the floor.

SESSION ONE TANT, continued

- TANT Step Two- SAFE POINT AFTER
 -) The person draws a picture of themselves at a safe point AFTER the traumatic event or “bad or scary thing” that happened.
 -) The safe point after should be as close in time to the traumatic event; if possible the same day or within a day.
- Review the drawing and ask for the details of what each item on the drawing represents.
- Place the SAFE POINT AFTER on the table or on the floor. Make sure it is placed to the right of Step 1 with some space between for the other drawing steps.
- Tell the story to the client using the details he/she provided from the beginning (safe point before) to the end (safe point after).
- Ask the client to write or draw any flashbacks or nightmares which come up after this session and bring it to the next session.
- Review the details of the date and time for the next session. Remind the person to relax and use self-soothing and safety planning skills as needed. For children and adolescents shift to the agreed upon post-TANT activity.

REMEMBER, if you cannot complete both SAFE POINTS during the first TANT session then you should not proceed to the other steps. Re-evaluate the situation and seek technical support for TANT and/or clinical supervision.

SESSION TWO TANT

- Brief check-in with the client.
- Lay out the Safe Point Before drawing and then the Safe Point After drawing with space in between for the next steps.
- TANT Step Three- TRANSITION POINT BEFORE/ UH-OH
 -) Ask the person to draw a picture, including themselves, when they first knew something bad or scary was about to happen. Or when they had an “uh-oh” feeling or sensation
- Review the drawing and ask for the details of the drawing. Make sure you keep notes so that you can complete the first narrative review.
- Place this Transition Point Before drawing to the right of the Safe Point Before.
- TANT Step Four- TRANSITION POINT AFTER
 -) The person draws a picture, including themselves, representing the first moment when they realized the bad or scary event was going to end or be over.
 -) If the person has difficulty with this, you can point to the Safe Point After and show them that this will be the drawing step just before the Safe Point After.
- Review the drawing and ask for the details of the drawing.
- Place this Transition Point After drawing to the left of the Safe Point After.

SESSION TWO TANT, continued

- Tell the story starting with the Safe Point Before with the details provided by the client and complete with the Safe Point After.
- Review the details of the date and time for the next session. Remind the person to relax and use self-soothing and safety planning skills as needed. For children and adolescents shift to the agreed upon post-TANT activity.
- Remind the person to bring a list of any flashbacks, body memories, or nightmares that come up to the next session so these details can be added.

SESSION THREE TANT

- Brief check-in with the client.
- Place the steps in time order out on the floor or a table with a space in the middle. (Safe Point Before on the far left, then the Transition Point Before, then a space, followed by the Transition Point After, and then on the far right place the Safe Point After).
- TANT Step Five- THE TRAUMA
 -) Ask the client to draw the drawing or drawings which represent the traumatic event or bad thing that happened.
- Review the drawing(s) and ask for the detail of the drawing.
- Review the sequence of drawings from beginning to end with the client.
 -) Make sure the series of drawings is a complete story in pictures.
 -) Integrate any flashback or nightmare material brought by the client
 -) If you or the client thinks there are any missing drawings or gaps and the client agrees then add it to the series.
- Review the sequence of drawings from beginning to end with the client. Make sure the series of drawings is a complete story in pictures.
- Tell the narrative of the drawing series from beginning to end and ask for the client to make sure to let you know if you have left anything out or if corrections are needed. This is TANT Step Six- THE FIRST NARRATIVE REVIEW.
- Review the details of the date and time for the next session. Remind the person to relax and use self-soothing and safety planning skills as needed. For children and adolescents shift to the agreed upon post-TANT activity.

SESSION FOUR TANT

- Brief check-in with the client.
- GAP Check- Always ask if the TANT series is complete. If something has come up, then ask the client to draw this and place it where it fits into the series. When this happens, you would redo the first narrative review and proceed to Step Seven.
- TANT Step Seven- THE SECOND NARRATIVE REVIEW
 -) Ask the client to write on the back of each drawing the narrative that goes with that drawing. In the case of a child, adolescent, or someone with an intellectual delay, they could tell the therapist or a parent or caregiver who could then write the narrative on the back of the drawing.
- TANT Step Eight- THE THIRD NARRATIVE REVIEW
 -) Ask the client to tell the story from beginning to end by reading the narrative on the back of each drawing.
 -) If you don't have enough time or the client prefers to do this 3rd review later then you could do this during the next session.
- Review the details of the date and time for the next session. Remind the person to relax and use self-soothing and safety planning skills as needed. For children and adolescents shift to the agreed upon post-TANT activity.
- The next session can be two weeks following the completion of the 3rd Narrative Review.

SESSION FIVE TANT

- Brief check-in with the client.
 -) Ask the client about their experience using TANT
 -) Make sure the client thinks that the series is complete for the specific traumatic event

- If you are coordinating with a primary therapist, treatment team, parent/guardian complete a TANT COORDINATION GUIDE.

- Ask the client to complete the same screening measures that were done before starting the TANT series to make a comparison.

- If you are the primary therapist, then discuss the date and time for the next session when you will begin the work of integrating emotions and doing the meaning making for the traumatic event.

