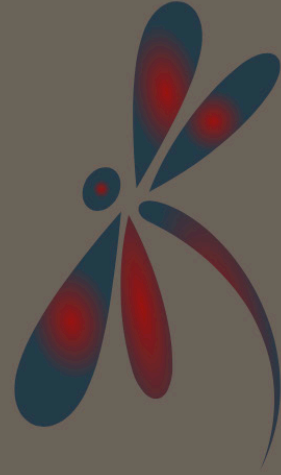


Louis

His trauma symptoms include:

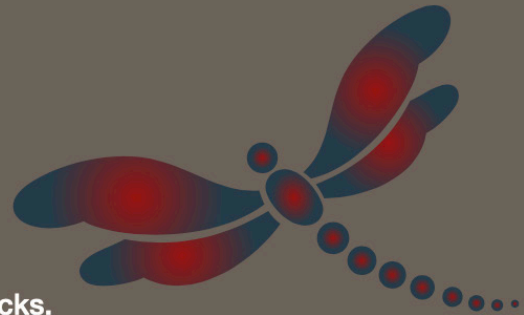
- A feeling of powerlessness.
- Guilt and shame.
- Amnesia.
- Overactivation.
- Mood swings and irritability.
- Flashbacks and nightmares.
- Depression and suicidal thoughts.



Ibrahim

These include:

- Dissociation.
- Memory loss.
- Mood swings.
- Depression.
- Guilt and shame.
- Nightmares, triggers and flashbacks.



Kumar

He struggles with several typical reactions:

- Guilt and shame.
- Numbness; detachment.
- Intrusive memories.
- Self-loathing.
- Impaired memory.
- Anxiety and restlessness.
- Nightmares.
- Triggers.
- Avoidant behaviour.
- Distrust of others.
- Pessimistic about his own situation and future.



Ali

His trauma reactions include:

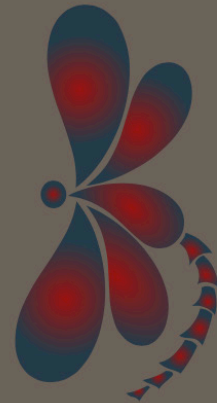
- Distrust of others.
- Nightmares.
- Flashbacks and triggers.
- Anxiety and depression.
- Social withdrawal.
- Overactivation and restlessness.
- Dissociation.



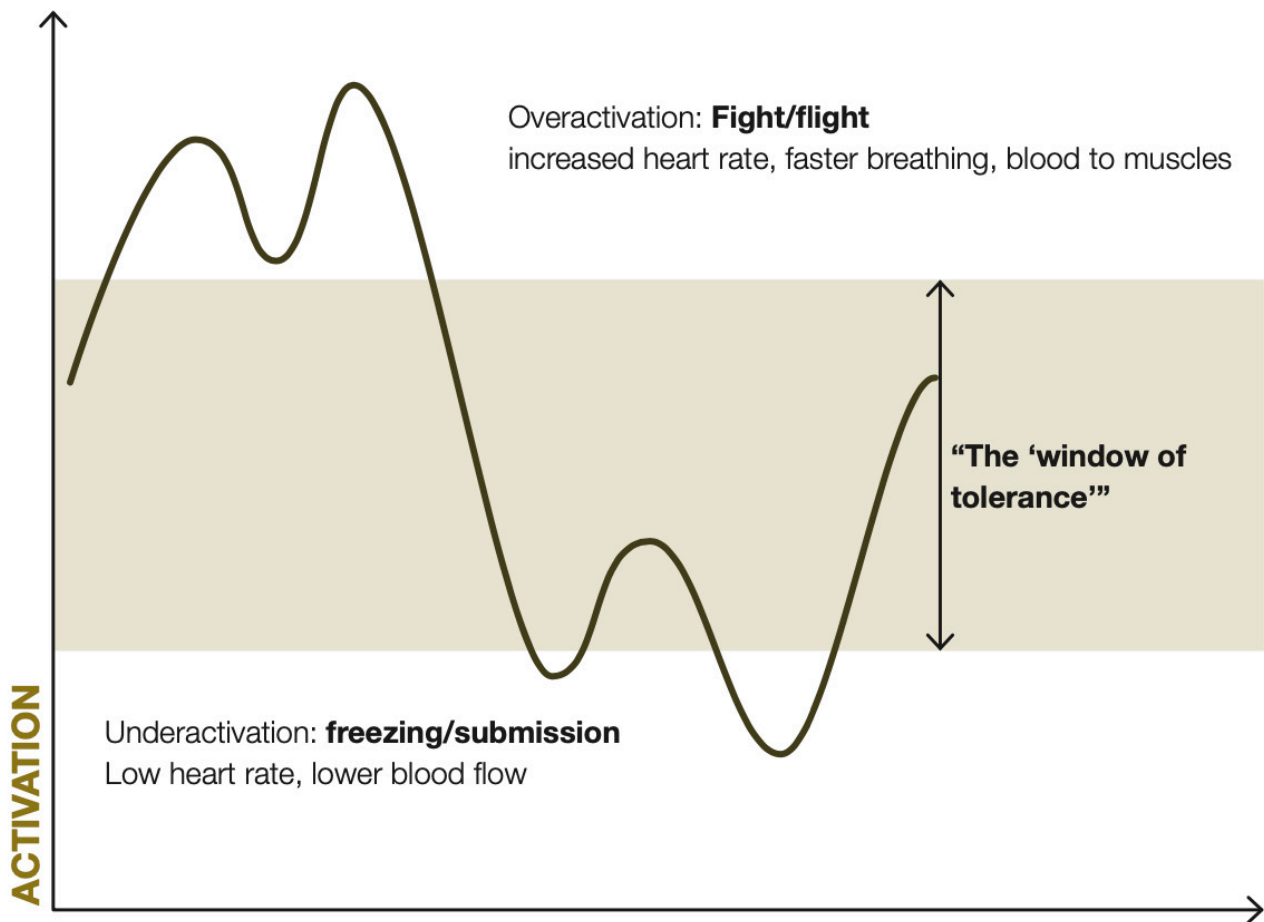
Rodney

His trauma reactions include:

- Intrusive memories.
- Guilt and shame.
- Depression.
- Anxiety and panic attacks.
- Problems with proximity.
- Distrust of others.
- Triggers.
- Self-harm.
- Numbness.



“Window of tolerance”



Exercise 12: The river. Create a coherent narrative.

