

## My Job in Healing Trauma:

- **My Job #1 - Framework:** I make sure that your adult and my adult have workable agreements about time and money. I keep the office safe and clean so that it is a supportive environment for our work.
- **My Job # 2 - Master Regulator:** I keep myself regulated and I do my best to keep you from getting retraumatized by going too deeply or too fast into the trauma vortex.
- **My Job # 3 - Monitor Activation:** I make sure we track the effects of our work on your life between sessions and adjust how we work to minimize disruption of your life.
- **My Job # 4 - Cultivate Embodiment:** I encourage you to learn to protect and inhabit your body, and to stay connected with your body even in relational space.
- **My Job # 5 - Build Capacity:** I help you listen to, and cooperate with, your own nervous system. I help you cultivate your capacity to utilize relational space. I help you track yourself at your emotional edges.
- **My Job # 6 - Coherence and Co-Regulation.** I cultivate and model co-regulation and coherence and highlight them when they occur.
- **My Job # 7- Propose Activities:** I suggest things to reveal and heal what is going on in your nervous system, and to help you learn skills and grow.
- **My Job # 8 - Feedback:** I reflect what I see happening in your nervous system. You get to be the authority on you. When I am wrong, but my mistake helps you find words or clarity, that is great.
- **My Job # 9- Repair:** I notice any misattunement, and model and teach repair skills, as effectively as I can.
- **My Job # 10 - Case Construction:** I formulate and update a concept of your strengths and challenges and what I think will help you.
- **My Job # 11 - Empowerment and Collaboration:** I empower your adult, collaborate with you and encourage you to be proactive, in session and in life.
- **My Job # 12 - Miscellaneous:** I practice resourcing with you, help you access your body, name what you feel, teach skills and sometimes go to your emotional edges with you.

## Your Job in Healing Trauma:

- **Your Job #1 - Bring Your Adult:** Make agreements that you can keep and keep them. Learn to listen to and take care of all your parts, especially including your body, and your scared, vulnerable, young and traumatized parts. Cultivate embodiment. Ask for what you want.
- **Your Job #2 - Work Your Emotional Edges:** Be willing to go to your edges and track yourself.
- **Your Job #3 - Regulate Yourself:** Learn solo and interactive regulation strategies and use them.
- **Your Job # 4 - Report on Shame:** As best you can, tell me when shame comes up for you in life and especially in session.
- **Your Job # 5 - Collaborate:** As best you can, strategize with me. Tell me what is helpful to you, and what gets in the way. Also, let me know how things go between sessions so we can work efficiently, without disrupting your life.

