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## **CISD for Children**

### **5 STEPS**

1. Brief introduction and instructions. Children should be encouraged to subsequently discuss their personal thoughts and experiences with their parents/primary caretakers, while still respecting the privacy of other children's sharing.
2. Discussion – What the children experienced in their own words.
3. Discussion – The worst, scariest, or saddest part.
4. Teaching – Normalizing the children's responses and how one gets to feel better.
5. Question and Answer phase – Answering all the children's questions.

Notice the thought phase and the symptom phase are deleted in order to shorten the CISD to the desired 45 minutes or less. The younger the children, the shorter their attention spans. It is important to keep this in mind when working with children.

Sessions with children should emphasize praise, appreciation and reassurance for the children.

Any CISD responses must be age appropriate.