

Rule of Thumb #1: Chronicity, Bitterness, and Burn Out Levels

- (1) Are the behaviors extreme and happen almost every day or at least once a week? (i.e. aggression, extreme disrespect, running away, alcohol or drug use, self-harm, suicidal ideation, refusal to attend school, etc.) (2) Are the parents or caregivers extremely burnt out and overwhelmed? (3) Are the parents or caregivers extremely angry, bitter, or resentful toward their child?

Recommendation: Stabilization First.

Rule of Thumb #2: Timing or Onset of the Child's Problem Symptoms

- (2) Were the problem behaviors with the child or adolescent present before the wounds occurred and simply got worse after the traumatic event OR did they only emerge after the trauma took place?

Recommendation: Stabilization first if the former; Direct Wound Work first if the latter.

Rule of Thumb #3: Examine the Trauma Seeds (Wounds, Impairment, and Primal Needs)

- (3) Were the child or adolescent's problem symptoms reported by family members and confirmed by the PLL therapist as one of the three trauma seeds (unhealed wounds, mental or physical impairment, or unmet primal needs) and not the misuse of power seed?

Recommendation: Direct Trauma or Wound Work First