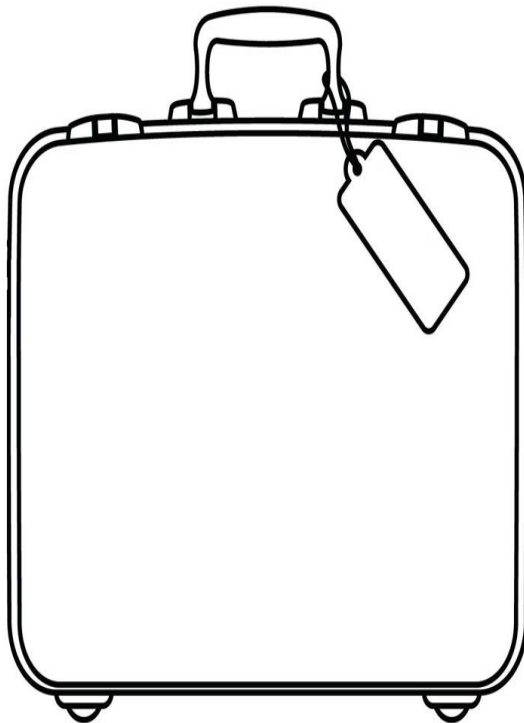


## Invisible Suitcase

Adapted from the National Child Traumatic Stress Network



- Children who have experienced trauma often carry negative beliefs and expectations about themselves, caregivers, and the world based on their past experiences.
- These negative beliefs and expectations often lead to challenging behaviors, including reenactment behaviors.
- Caregivers can repack the suitcase by providing disconfirming experiences with positive replacement messages, consistency, and calm responses.
- Caregivers also need support and carry an invisible suitcase. They can experience the reenactment cycle. The challenging behaviors commonly seen with adults' are substance abuse, criminal behaviors, etc.
- It is often the team of professionals that work with the parents that assist them in repacking their suitcase.