

Day 2 Worksheet

Overt & Covert Trauma Events

Decode Your Trauma

In today's session we explored the **E**vents of the E.C.H.O. model. We covered both 'Overt' and 'Covert' trauma events - please complete the below checklist to reflect upon your own experiences.

Overt Trauma Events

Please tick which of the below you experienced:

Abuse:

- Physical abuse
- Emotional abuse
- Sexual abuse

Neglect:

- Physical neglect
- Emotional neglect

Dysfunction:

- Mental illness in the household
- Mother treated violently
- Divorce of parents
- Incarcerated relative
- Substance abuse in the family

Day 2 Worksheet

Overt & Covert Trauma Events

*Decode Your
Trauma*

Covert Trauma Events

(this list is presented as examples, and far from being exhaustive)

Please tick which of the below you experienced: (in this list more is better)

- Emotional validation
- Appropriate and responsive physical touch and contact
- Love for who you are, not what you do
- Pride in your identity and heritage
- Time and quality contact with primary caregivers
- Learn to have fun and enjoy being in the moment
- Given a sense that have what it takes and can go for what want
- Taught a healthy “No” and respected when used