



# Trauma Narrative Treatment: A Trauma Recovery Model for Groups

*W. David Lane Ph.D., Donna E. Lane Ph.D.*

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Trauma Narrative Treatment is a brief treatment model for groups, designed to be used in conjunction with the story, *Gold Stone*, also written by David and Donna Lane, available on Amazon ([http://www.amazon.com/Gold-Stone-David-Lane/dp/0984374787/ref=tmm\\_hrd\\_swatch\\_0?\\_encoding=UTF8&qid=1440720805&sr=1-8](http://www.amazon.com/Gold-Stone-David-Lane/dp/0984374787/ref=tmm_hrd_swatch_0?_encoding=UTF8&qid=1440720805&sr=1-8)) and from Regeneration Writers Press. In response to the need for brief trauma treatment following the devastating Haitian earthquake, Lane and Lane developed a narrative treatment model using a wide range of elements from narrative and trauma research to create a program that addresses the variety of issues resulting from trauma, including the immediate shock, grief and loss, loss of a sense of self, fragmentation of memory, feelings of guilt and self-blame, rage and powerlessness, religious/spiritual responses, and the construction of a new narrative for the victim's life. The model centers on the story, *Gold Stone*, written by the Lanes, which can be easily shared with individuals who experience trauma. Following along with the main character of the story, participants share their trauma experiences, and begin the process of finding meaning in their experiences, reconnecting with their sense of self to reestablish wholeness. The model is structured into six sessions, to be used with groups, and is designed to be easily implemented by non-therapist trained volunteers and lay people, allowing intervention to take place immediately with a goal of preventing the development of long term trauma-related pathology. Since Haiti, the materials have been used with community workers in Newtown, CT, following the Sandy Hook School shooting, and in the Dominican Republic, Cambodia, Vietnam, Malaysia, Costa Rica, New Zealand, and the Middle East.

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