

Envelope Narrative/Life Story

Used For: Trauma Narrative

Technique can be used in:

 Group  Individual  All Ages

Supplies Needed:

- 6 or more large envelopes
- Markers, pens, crayons
- Magazine, pictures, drawings
- Use yarn or rings to connect the envelopes

Detailed Description:

Create an envelope for each chapter of the Narrative, this should include:

- First Time
- Worst Time
- Last Time
- Going to Counseling
- Room for the Future
- Other things the child wants to add

The child will insert in the envelope a copy of their narrative, mementos, pictures, trinkets, etc. that represent that chapter in their life.

