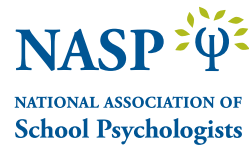




Workshop 2 (3rd Edition, 2019)



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Handout 14: Developmental Variations in Crisis Reactions Activity



Identify which of the reactions are *typically* associated with one of four developmental levels. Write “PS” for typical preschooler reactions, “PG” for typical primary-grade reactions, “IG” for typical intermediate-grade reactions, and “A” for typical adolescent reactions. If you need assistance with this task refer to Handout 13.

- ___ 1. Not as clearly connected to the crisis as observed among older youth (e.g., reexperiencing the trauma might be expressed as generalized nightmares).
- ___ 2. Reexperience the crisis event through trauma-related play (that does not relieve accompanying anxiety), which may be compulsive and repetitive.
- ___ 3. Event-specific fears.
- ___ 4. School avoidance.
- ___ 5. Diminished emotional regulation (e.g., irrational fears).
- ___ 6. Self-injurious behaviors.
- ___ 7. Suicidal ideation.
- ___ 8. Expressed behaviorally (e.g., behavioral regression, clinging and anxious attachment behaviors, refusal to go to school, irritability, or anxiety).
- ___ 9. Revenge fantasies.
- ___ 10. Increased behavior problems (e.g., outbursts of anger and fighting with peers).
- ___ 11. Feelings associated with traumatic stress reactions often expressed as concrete physical symptoms (e.g., stomachaches and headaches).
- ___ 12. Expressed behaviorally (e.g., through play, but such play is more complex and elaborate, when compared with that of younger students) and often includes writing, drawing, and pretending.
- ___ 13. Difficulty concentrating or moodier, leading to learning problems.
- ___ 14. Temporary loss of recently achieved developmental milestones (e.g., loss of bowel or bladder control, bed-wetting, thumb sucking, fear of the dark, or fear of parental separation).
- ___ 15. Repetitive verbal descriptions of the event (without appropriate affect).
- ___ 16. Problems paying attention and poor schoolwork.
- ___ 17. Sense of a foreshortened future.
- ___ 18. Expressed nonverbally (e.g., clinginess, tantrums, crying and screaming more readily and often, trembling, and having frightened facial expressions).
- ___ 19. Oppositional/aggressive behaviors used to regain a sense of control.
- ___ 20. Substance abuse.