

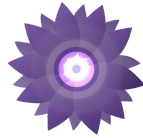
Caregiver Fear Worksheet

Pretend that the child's caregiver asked you the following questions or did the following behaviors. Notice what reactions arise in your body- make note of any that activate dysregulation in your body. Notice if you want to be defensive, prove yourself, etc. or if you want to withdraw and shutdown.

- Can you tell me about your background? Education? Experience?
- How long have you been doing therapy with children?
- How many clients have you seen, approximately?
- How many clients have you worked with that struggle with Anxiety? Divorce? Sensory? Gifted?
(Caregiver names a very specific struggle)
- Do you have experience working with children with trauma?
- Do you do family therapy? How will I be involved?
- Can I be in the sessions?
- Do you have children?
- Can you tell me about your style of therapy and how you approach therapy?
- How does "play therapy" work (especially for kids that are a little older)?
- Will you tell me everything that happens in session? When will we talk?
- How do you know what you do won't re-traumatize my child?
- How long will therapy take?
- Will you go to court?
- Tell you, "This isn't working."
- Expect you to fix their child
- Put the child down in front of you

Make note of any other possible questions or situations that could trigger dysregulation in your body:

Notes:



Overcoming fears:

This adapted exercise can be found in Dr. John Demartini's book *Inspired Destiny* (2010, p. 139).

1. Consider what you're afraid of happening. For example, you might write, "I am afraid the caregiver will pull their child from therapy"
2. Now come up with 20 to 50 benefits that you'd experience if this were to happen. For example, "I can create room for another child on my caseload. It is an opportunity for me to review how to communicate with caregivers in terms of what is most important to them." Other questions you can ask to help you discover the benefits are: "How does this fear coming true serve me, teach me, help me, and support my growth?" and "How does this fear coming true help my clients, teach my clients, and support their growth?"
3. Write down 20 to 50 drawbacks if the thing you fear doesn't happen. For example, "I wouldn't have the chance to review my skills and grow my communication skills to the next level. I wouldn't be forced to learn how to regulate, allowing me to stay present in the midst of the caregiver's intensity."