

# TREE TRACKER WORKSHEET

This worksheet uses the metaphor of a tree to help clients and service providers track the root causes and signs of impact related to the trauma (or secondary trauma) they have experienced. It also prompts exploration of nourishing supports, activities, and relationships and associated signs of wellness.

## ROOTS OF TRAUMA

1

Begin with the bottom left section. Fill in examples of trauma /secondary trauma you have experienced or are experiencing. Examples for clients may include racism, trauma within a residential school, witnessing physical violence as a child, sexual violence by partner throughout marriage. Examples for service providers may include workplace violence, complex trauma cases, high trauma caseload, experiences of violence and may also include systemic oppression such as racism, ableism, sexism, and ageism.

## ROOTS OF NOURISHMENT

3

Shifting to a positive focus, move on to the roots of nourishment in the bottom right section of the tree. Examples include counselling, spending time with friends, nature walks, exercise, and time spent with pets, and artwork. Examples for professionals may also include a balanced caseload, and clinical supervision.

## SIGNS OF IMPACT OF TRAUMA

2

Next, move on to the section showing the leaves above the roots of trauma on the top left section of the tree and list any impacts/signs of impacts of trauma. Examples may include depression, nightmares, anger, memory issues, overspending, flashbacks, joint pain and headaches.

## SIGNS OF WELLNESS

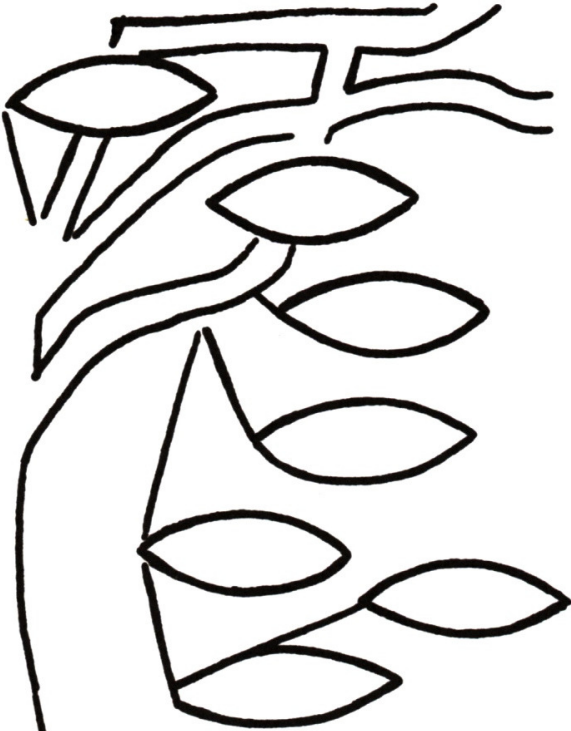
4

End the exercise with a reflection of the physical, emotional, and relational signs which show overall wellness. This may include feeling hopeful of the future, stability within relationships, feeling overall balance within your life, and physical health.

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**SIGNS OF IMPACT OF TRAUMA**

**SIGNS OF WELLNESS**



**ROOTS OF TRAUMA**

**ROOTS OF NOURISHMENT**

