

## Appendix 1 The Six Tests

### Test 1 Safety

- There is sufficient physical safety
  - Any abuse has ended
  - Neutral person who checks this: ...
  - Physical care is adequate
- There is sufficient behavioural control
- There is sufficient emotional safety
  - Attachment figure = ... (quantity)
  - Continuity is / is not guaranteed
  - There is sufficient emotional support
- There is sufficient therapeutic safety
  - Parent / abuser does / does not give permission
  - I will / will not involve abuser

Cross out what does not apply and complete where necessary. Mark the items that have been considered. Unmarked items need more attention or work. The child passes the test if there is sufficient safety in all four safety areas.

### Test 2 Daily life

- Daily routine
- Sleep
- Nightmares, flashbacks and triggers
- Eating
- School
- Drug or alcohol abuse
- Behavioural problems

Mark the boxes when the child is doing well with regard to this item. Mark the aspects that need to be addressed before starting trauma processing (see Worksheet Daily Life 1 – What Is Going Well?). The child passes the test when there is not a continuous occurrence of new problems in his daily life, which need attention.

### Test 3 Attachment

Part I Necessary requirements for attachment bond

- Continuity of contact with the attachment figure guaranteed / not guaranteed
- Psychological abuse and neglect have stopped / have not stopped.
- Attachment figure does / does not have a calm brain: ... (quality)
- Parent needs: therapy / parental coaching / minimal contact with parents.
- Long-term prospects regarding living arrangements are / are not clear to the child.
- Contact with (biological) parents is / is not clear to the child and consists of: living together / weekend visits / visits / supervised visits / no contact with: .....
- Long-term prospects regarding contact with biological parents are / are not clear to the child and consist of:.....

Cross out what does not apply and complete where necessary. Mark the boxes if conditions are met or if the item is clear. Circle items that need work in order to make trauma processing possible.

Part I of the test is passed if the attachment figure can maintain a sufficiently calm brain when the child panics and can put his own feelings and needs aside in order to regulate

the child. Then the parent will be able to make the necessary adjustments in his or her way of parenting in order to activate the attachment system of the child in part II.

#### Part II Activating attachment system

- The child seeks support and comfort from the attachment figure
- The child stays in contact with the attachment figure in stressful situations and uses this person to regulate himself
- Attachment system is activated

Mark the box if the condition is met. Circle items that need work in order to make trauma processing possible. The child passes part II of the test when the child makes sufficient use of the attachment figure for stress regulation.

#### Test 4 Emotion regulation

- Child knows physical sensations
- Child knows the basic emotions
  - Child is able to calm himself when he is angry
  - Child can comfort or soothe himself when he is sad
  - Child can reassure himself when he is afraid

Mark the box when the condition is met. Circle items that need work in order to make trauma processing possible. The child passes the test if he is sufficiently able to regulate his emotions during trauma processing (on his own or with help) to stay in contact with the therapist and continue until all traumas are processed, without losing control and harming himself or anyone else when the session is over.

#### Test 5 Cognitive Shift

- The cognitive shift(s) the child has to make is/are:
  - .....
  - .....
  - .....
- Parent/abuser does/does not accept responsibility
- Parent/co-abuser does/does not accept responsibility
- The child does/does not have another attachment figure
- The consequences of this shift are not dangerous to the child

Cross out what does not apply and complete where necessary. Mark if an item is clear enough. Circle items that need work in order to make trauma processing possible. The child passes this test if the parent/abuser has told the child that he accepts responsibility for his behaviour, or if the child has another attachment figure/ parent and can risk rejection by the parent.

#### Test 6 The Nutshell

- The child has made a survey of traumatic memories, and stayed within his window of tolerance while doing so.

Mark the box if the child is able to do this. The child passes this test if he can give an overview of his traumatic memories, in a nutshell, while remaining within his window of tolerance.