

**Positive Skills in Reminder-Focused Positive Psychiatry and Suicide Prevention Intervention (RFPP-S)**

<b>Module</b>	<b>Therapeutic Messaging/Techniques</b>
Self-Compassion	Accept yourself, including your suffering, thoughts, and feelings. Notice that each of your unwanted thoughts is just one of many ways to think about your situation.
Treatment Engagement	Your passionate and purposeful interactions with others can improve your positive feelings and interpersonal relationships.
Managing Trauma Reminders	Label traumatic reminders with silly names. Call out the silly name when reminded of the trauma, followed by gratitude and self-compassion.
Distress Tolerance	Think about a time in your life when something bad happened and practice distress tolerance skills.
Safety Planning Skills	When you think of death or suicide, tell your parents “I am sad; make me happy.” They are aware of your triggers and will work with you through self-compassion, gratitude, and engagement exercises for 30 minutes or more until this wave of emotion crests and subsides.
Parent Psychoeducation	Parents should practice handling trauma reminders with their child, using techniques of self-compassion, gratitude, resilience, and engagement exercises.

From the Expert Q&A:  
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in Children and Adolescents”**  
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