

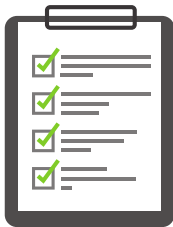
FINRA Module 6: Clinical Companion Resources

Supporting the Emotional Recovery of Fraud Survivors

This companion document was developed to support mental health providers participating in Module 6 of the FINRA Foundation Fraud Recovery Training, focused on the emotional and psychological impacts of financial fraud.

- Rooted in trauma-informed care, this resource includes clinical tools and language guidance designed to:
- Normalize and validate the emotional fallout of financial fraud
- Support safe, shame-sensitive client engagement
- Equip providers with practical, evidence-informed interventions

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Contents Include:

- Narrative Reframing Worksheet – “Before and After Me”
- Micro-Reset Techniques & Closure Scripts for emotional regulation
- Relational Repair Planning Tool

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Usage

This document is designed for use alongside the Module 6 slide presentation and facilitator guide. It may be distributed to CE participants, clinical trainees, or supervisors seeking to implement trauma-informed fraud recovery practices.

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Contributor Note

These materials were developed in collaboration with Dr. Jennifer Lawrence, LICSW, clinician and subject matter expert at Give an Hour, whose extensive work with fraud survivors has directly informed the language, structure, and therapeutic framing throughout this training.

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Narrative Reframing Worksheet

– “Before and After Me”

Purpose

To help survivors of financial fraud integrate identity shifts and reclaim authorship of their story. Grounded in Dr. Jennifer Lawrence’s concept that healing involves moving from victimhood to authorship—transforming the same facts through a new, compassionate narrator.

Use this worksheet in individual sessions or small peer groups after basic stabilization.

- Invite reflection rather than rewriting; the goal is integration, not erasure.
- Encourage participants to move slowly, pausing for grounding between questions.

You can introduce it by saying:

“We’re going to look at who you were before the fraud, who you’re becoming now, and what parts of you survived unchanged. The story hasn’t disappeared—it’s just finding a new narrator.”

Before the Fraud

Reflect on what you once believed about yourself, others, and the world. Write freely—these aren’t judgments, just memories of an earlier worldview.

Prompts

- Before the fraud, I believed ...
- I trusted that ...
- I felt safe when ...
- My strengths were ...
- My relationships looked like ...

Narrative Reframing Worksheet – “Before and After Me”

After the Fraud

Describe what you've learned or how your understanding has changed.

Prompts

- After the fraud, I understand ...
- I see now that ...
- I protect my energy by ...
- I still value ... but I express it differently.
- I'm beginning to trust ...

Example Reframes

- “Before I was trusting; after I'm discerning.”
- “Before I believed people were always good; after I know people can be complex.”
- “Before I thought needing help was weakness; after I know it's courage.”

The Parts of Me That Survived. Shift focus from loss to endurance.

Prompts

The parts of me that survived are ...

My core values that remain are ...

What I still love, create, or care about ...

One thing the fraud didn't take from me ...

“These are the traits that were never broken—only buried.”

Narrative Reframing Worksheet – “Before and After Me”

New Sources of Meaning and Belonging

Explore where safety and fulfillment are emerging now.

Prompts

- I feel most grounded when ...
- Communities or spaces that feel safe ...
- Practices that remind me of my worth ...
- How I know I belong again ...

Identify at least one person or space that feels restorative—whether that’s a peer group, creative practice, or faith community.

Reflection Prompts

- How does the survivor’s language shift between “before” and “after”?
- Where do you hear new agency or self-compassion?
- What relational or somatic cues signal integration (calmer tone, relaxed posture, humor)?

Dr. Jen’s key insight:

“Healing isn’t rewriting the story; it’s relocating the self within it.”

MICRO-RESET TECHNIQUES & CLOSURE SCRIPTS FOR EMOTIONAL REGULATION



Purpose

Provide fast, body-based regulation tools (“micro-resets”) and brief closing rituals to help both victims, mental health professionals, and peer facilitators maintain safety and containment in group or session work. Each technique can be done in 30–90 seconds—ideal between clients, after difficult disclosures, or as a group transition.



What Is a Micro-Reset?

“The brain needs physical evidence that you’re safe again.” — Dr. Jennifer Lawrence

Micro-resets are short, sensory-based actions that signal “the threat is over.”

They:

- lower heart rate and cortisol,
- restore orientation to time and place,
- model co-regulation when done collectively.

Use them:

- at the start of sessions (to settle),
- between heavy topics,
- and at closure (to re-ground).



Box Breathing (4-4-4-4)

- Inhale 4 – Hold 4 – Exhale 4 – Hold 4 × 3 rounds.
- Use anytime anxiety or pacing increases.



Feet to Floor

- Press soles down, feel weight shift, notice texture and temperature; exhale slowly.
- After triggering material or emotional flooding.



5-4-3-2-1 Grounding

- Name 5 things you see, 4 touch, 3 hear, 2 smell, 1 taste.
- When dissociation or rumination appears.



Shoulder Roll + Sentence Anchor

- Roll shoulders × 3 and say silently, “I’m here / It’s now / I’m okay.”
- Quick reset during long group or telehealth sessions.



Temperature Shift

- Drink a cold drink, run wrists under cold water, or put a cold compress on the neck.
- To interrupt panic or emotional overheating.

INTEGRATING MEANING



Pair each reset with why it matters:

- “This breath teaches my body the difference between danger and discomfort.”
- “This pause tells my nervous system the story is over for now.”
- Purposeful language transforms coping into neurobiological re-training.



Co-Regulation Rituals

Opening (Settle)

“Let’s all take one slow breath together and notice our feet on the floor.”

Mid-Session (Containment)

“Let’s pause for a moment. Everyone take a sip of water, stretch, and look around the room.”

Closing (Release)

“Before we end, take one deep breath in, one long breath out. Feel your seat, feel the ground. The work stays here; you take your calm with you.”

CLOSURE SCRIPTS FOR FACILITATORS

After Intense Sharing: “Let’s honor what was shared by taking a slow breath. The story has been witnessed; now let’s help our bodies return to the present.”

End of Group: “We’re closing for today. Notice one thing that feels steady right now—maybe your heartbeat, the chair, or a small sense of relief.”

Transition Between Clients: “I’m releasing the last session with this breath, clearing space for the next.”

Virtual Peer Support Debrief: “Before we log off, one word check-out: how’s your body feeling as we end?”

Relational Repair Planning Tool

Healing after fraud isn't only about recovering money or even trust in others — it's about relearning safety in relationship. When betrayal happens through emotional manipulation, our nervous system becomes confused: connection feels dangerous, and protection can look like isolation. This tool helps survivors slow down that process — to notice what safety feels like, to test trust gradually, and to rebuild relationships at a pace the body can handle.

Purpose

To help clients and clinicians map out safe, intentional steps toward rebuilding—or releasing—relationships after fraud-related betrayal. Grounded in Dr. Jennifer Lawrence's emphasis on relational pacing, collaborative safety, and embodied discernment.

How to Use this Tool:

Use in individual or family sessions once the survivor is emotionally stable and beginning to consider reconnection.

Explain that the goal isn't to "fix" relationships, but to explore which ones support healing and which ones compromise it.

Introduce with language such as:

"This is about testing trust, not forcing it. Each interaction gives your body information about safety."

Relational Pacing: Psychoeducation

Why go slow?

- Pacing protects the nervous system from re-experiencing betrayal shock.
- Safety builds through repetition, not intensity.

What does 'testing trust' mean?

- Small, consistent behaviors—kept promises, respectful tone, predictable contact—provide data points of reliability.

When is repair unsafe?

- If contact consistently triggers fear, shame, or body tension without repair, it may signal the need for detachment rather than further engagement.

Relational Repair Planning Tool

Encourage clients to fill in three to five relationships currently on their mind.
Discuss one at a time, noticing body sensations and emotional responses.

RELATIONSHIP	INTENTION (Re-engage, Reassess, Release)	SOMATIC CUES	SAFE TO TEST BEHAVIOR	BOUNDARY NEEDED
e.g: Adult Child	Re-engage	Safety, Warmth	Weekly Check-ins with limits	No Discussion about Online Dating
Old Friend	Reassess	Anxiety, Guilt	Coffee meet-up in public place	End if Conversation becomes Judgmental

Relational Repair Planning Tool

Reflection Prompts

- What feels safe in my body when I'm with this person?
- When do I feel small or invisible?
- What do I need to feel respected and steady?
- What evidence do I have that this person honors boundaries?
- Am I seeking reconnection from hope or obligation?

"Your body keeps score of safety long before your mind does." — Dr. Jennifer Lawrence

Relationship	Action	Timeline	Support Needed	Check-in Date
Old Friend	Schedule a Brief Phone Call	1-2 Weeks	Therapist Debrief After	
Ex-Partner	Write Closure Letter to Self	1 Month	Process in Group Support	

Relational repair is a data-driven healing process.

Boundaries, pacing, and embodied awareness turn relationships into evidence-gathering spaces rather than reenactments of harm.

Each boundary honored is a nervous-system lesson: trust can be rebuilt, but only at the speed of safety.