

DISCUSSION GUIDE

THE PSYCHOLOGY OF THE SIXTH SENSE: The Believing Witness

A story about childhood trauma, the power of being believed, the therapeutic alliance with a frightened child, and the believing witness who begins to heal.

REFLECT. SHARE. GROW TOGETHER.



1. THE SPECIFIC SYMPTOMS OF CHILDHOOD TRAUMA

- What signs of trauma did Cole show throughout the film?
- How might his symptoms be misunderstood by adults who don't know what he's experiencing?
- Why do some children hide their pain instead of acting out?



2. THE MOTHER WHO HAS BEEN TRYING

- What strengths do you see in Lynn as a mother?
- How does the film show the limits of what parents can do without having the right information?
- How can we support parents who are trying so hard but feel helpless?



3. THE THERAPEUTIC ALLIANCE AND WHAT IT REQUIRES

- What changed in Malcolm's approach that helped Cole open up?
- Why is it so important for children to feel believed and safe?
- What can we learn from how Malcolm listened with patience and respect?



4. THE POWER OF BEING BELIEVED

- How did it affect Cole when Malcolm finally believed him?
- Can you think of a time when someone believed you when you needed it most?
- Why is belief so healing for children who have been ignored or doubted?



5. PROCESSING AND INTEGRATION

- What helped Cole begin to make sense of what he experienced?
- Why is it important to talk about difficult experiences out loud?
- How does sharing our story reduce fear, shame, and isolation?



6. THE BELIEVING WITNESS WHO BEGINS TO HEAL

- What does the film teach us about the role of the believing witness?
- How can we be a "safe person" for the children in our lives?
- What small actions can help a child feel seen, safe, and accompanied?

Being believed can change everything.



REFLECT TOGETHER

What does "being believed" mean to you?



How can our family or community be a place where people feel heard and safe to share?



What is one way you can be a believing witness for someone who might be struggling?



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Understanding minds.



Strengthening connections.