

# Exploring Trauma:

## A Brief Intervention for Men

### Overview

With a deepening understanding of the impact of trauma, clinicians are beginning to recognize specific issues for men. These include men's silence surrounding abuse and other adverse childhood experiences, the impact of male socialization on men's response to said experiences, the risk of victims becoming abusers and perpetrators of violence, and the need to understand men's shame and fear to explore trauma. This training will introduce the new 6-session trauma curriculum *Exploring Trauma: A Brief Intervention for Men*. It is designed for men who have been abused or have experienced other forms of trauma. Topics discussed include: understanding trauma and its process; trauma's impact on the inner self (thoughts, feelings, beliefs) and on the outer self (behaviors and relationships); and coping and calming strategies. Participant-led grounding exercises are part of this interactive workshop. *Exploring Trauma* is an adaptation of the research-based work of *Healing Trauma: A Brief Intervention for Women* by Dr. Stephanie Covington.

### Topics

- Process of trauma
- Five core values of trauma-informed services
- Power and abuse
- Triggers, grounding and self-soothing
- Building healthy relationships

### Objectives

- Define gender-responsive and trauma-informed services
- Describe the process of trauma and typical responses through the lens of men's socialization
- Understand men's dissociative responses to discussions of trauma, abuse, shame and anger
- Demonstrate physical and mental grounding exercises that are effective for men
- Apply a variety of therapeutic interventions

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