

# Healing Trauma:

## A Brief Intervention for Women (2nd Edition)

### Overview

This interactive training is based on the concept and values of trauma-informed services. It also presents a newly revised six-session trauma curriculum for women who have been abused. The focus is on the core things that both staff and clients need: an understanding of what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the outer self (behavior and relationships). Workshop topics include: the process of trauma, power and abuse, grounding and self-soothing, and healthy relationships. *Healing Trauma* (HT) is an adaptation of the widely used, evidence-based *Beyond Trauma: A Healing Journey for Women*. It is particularly designed for settings requiring a shorter intervention: jails, domestic violence agencies, and sexual assault services. The program materials consist of a facilitator guide and participant workbook which are on a CD-Rom to allow for easy duplication. The workbook is written in both English and Spanish.

### 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
- Discuss the connection between substance abuse and trauma
- Describe the process of trauma and typical responses
- Demonstrate physical and mental grounding exercises
- Apply a variety of therapeutic interventions

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