

Why Gender Matters:

Creating Trauma Services for Women and Men

Overview

With the increased awareness of the impact of trauma on people's lives, social service providers are beginning to consider what this means in their specific settings. There is a growing evidence-base documenting the impact of child neglect and abuse (as well as other forms of trauma) on health, mental health and behavior. While research and clinical experience indicate a high incidence of trauma and co-occurring disorders in women's and men's lives, community professionals often struggle with the realities of providing effective, integrated, and trauma-informed services. This training discusses the specifics of becoming gender-responsive and trauma-informed, as well as offers recommendations for trauma-specific interventions. It focuses on the three core elements 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). In addition, it provides a discussion and demonstration of interventions based on three gender-specific curricula, *Helping Women Recover*, *Helping Men Recover* and *Healing Trauma*, which are designed for use in a variety of settings. Examples of coping skills, grounding exercises, and interactive exercises are provided that can be incorporated into work with women and men.

Topics

- Levels of violence
- Definition of gender-responsive and trauma-informed services
- Process of trauma
- Gender differences
- Specific therapeutic strategies

Objectives

- Define trauma and trauma-specific services
- Define trauma-informed services and the five core values
- Understand the role of gender socialization and its implications for treatment approaches
- Describe several evidence-based and gender-specific curricula
- Implement several gender-specific interventions