

Becoming Trauma-Informed:

A Core Value in Services for Women and Girls

Overview

Over the past thirty years, our knowledge of women's lives has increased dramatically, and we have added significantly to our understanding of the treatment needs of women and girls. With the increased awareness of the impact of interpersonal violence on the lives of women and girls, 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. This training reviews the history of trauma and offers an integrated approach to developing gender-responsive services.

This presentation also provides a theoretically-based comprehensive model for providing services, entitled *Healing Trauma*. Interactive exercises from this brief, research-based six-session intervention will demonstrate some specific strategies for coping and grounding skills that can be used with women and girls.

Topics

- Five core values of trauma-informed services
- Principles of gender-responsive services
- Trauma and gender differences
- ACE study
- Trauma-specific resources

Objectives

- Define trauma
- Differentiate trauma-informed and trauma-specific services
- Describe the process of trauma
- Explore the connection between addiction and abuse
- Introduce brief intervention: *Healing Trauma*
- Demonstrate and provide specific interventions