

EXPLORING TRAUMA+

A Brief Intervention for Men and Gender-Diverse People

SECOND EDITION

Facilitator Guide

Stephanie S. Covington, PhD, LCSW Shane S. Pugh, BA, LADC Roberto A. Rodriguez, MA, LMFT



Hazelden Publishing Center City, Minnesota 55012 hazelden.org/bookstore

© 2016, 2021 by Stephanie S. Covington All rights reserved. First edition published 2016. Second edition published 2021. Printed in the United States of America

Duplicating this workbook for personal or group educational use is permissible. Any other reproduction is prohibited without the written permission of the publisher.

Editor's note:

This publication is not intended as a substitute for the advice of behavioral health care professionals.

Readers should be aware that websites listed in this work may have changed or disappeared between when the work was written and when it is read.

Contents

ACKNOWLEDGMENTS 13

Part 1

INTRODUCTION 17

The World Boys Live In 21

Trauma 22

The Process of Trauma 23 Common Responses to Trauma 25 Disorders Related to Trauma 26 Triggers and Retraumatization 27 Dissociation and Grounding 28 Trauma and Substance Use 29

The Therapeutic Environment 29

Creating Safety 30 Dealing with Current Trauma 31

The Program 32

Design of This Facilitator Guide 32

Facilitation 33

Prior to the Session 34 Knowing the People in the Group 36 Co-facilitating 36 Tips on Conducting a Group Session 37 Yoga Poses 42 Considerations for Facilitators 43 Special Considerations for Criminal Justice Settings 45

Materials Needed for Each Session 47

Scope and Sequence 50

Part 2

SESSION 1: WELCOME AND INTRODUCTION TO THE SUBJECT OF TRAUMA 53

Time 54

Session Goals 54

Participant Learning Objectives 54

Materials Needed 54

Session Overview 55

Background Information for the Facilitator(s) 55

Physical Setup 55 Participant Workbooks 55 Name Tents or Name Tags 56 Role Modeling 56 Introducing the Topic of Trauma 56 The Introductory Word Cloud Activity 57 The Five Senses Grounding Activity 57 Involving Participants 57 Optional Pre- and Post-Information Surveys and the Goal Sheet 57

Session Outline 58

Welcome, Facilitator Introductions, and Goals for the Group 58
Why We Are Here: Information about Trauma 60
Group Agreements 65
Personal Goal Sheet (and Optional Pre-Information Survey) 66
Art Activity: Introductory Word Cloud 67
Participant Introductions 68
Sharing Goals 69
Grounding Activity: Five Senses 69
Reflection, Between-Sessions Activities, and Close 71

SESSION 2: EXPLORING TRAUMA 73

Time 74

Session Goals 74

Participant Learning Objectives 74

Materials Needed 74

Session Overview 74

Session Outline 75

Quiet Time 75 Grounding Activity: Mindfulness 75 Check-In 76 Review of Last Session 77 Traumatic Events 77 Gender Expectations 79 ACE Questionnaire 82 The Meaning of the ACE Scores 84 When Our Trauma Hurts Others 87 The Power and Control Wheel 90 Feelings of Shame 93 Grounding Activity: The Container 94 Reflection, Between-Sessions Activity, Optional Worksheet, and Close: Breath of Joy Yoga Pose 95

SESSION 3: THINKING, FEELING, AND ACTING 97

Time 98

Session Goals 98

Participant Learning Objectives 98

Materials Needed 98

Session Overview 98

Session Outline 99

Quiet Time 99 Grounding Activity: Mindfulness 99 Check-In 100 Belief Systems 100 Fight, Run, or Hide (Fight, Flight, or Freeze) 102 (Mal)Adaptive Behaviors 105 The Process of Trauma 105 The Importance of Grounding 108 Grounding Activity: Deep Breathing 110 Calming Strategies 111 Grounding Activity: Progressive Muscle Relaxation 112 Reflection, Between-Sessions Activities, and Close: Seated Pigeon Yoga Pose 114

SESSION 4: BEYOND GUILT, SHAME, AND ANGER 115

Time 116

Session Goals 116

Participant Learning Objectives 116

Materials Needed 116

Session Overview 116

Session Outline 117

Quiet Time 117 Grounding Activity: Here and Now 117 Check-In 118 Activity: Feelings and the Body, Part 1 119 Working through Guilt, Shame, and Anger 120 Spiral of Trauma, Addiction, Recovery, and Healing 124 Art Activity: Creating Healing Stories 125 Trauma and the Body 128 Emotional Wellness List 129 Activity: Feelings and the Body, Part 2 130 Examples of Feelings 131 Activity: Trusted Advisor 132 Reflection, Between-Sessions Activities, and Close: Modified Triangle Yoga Pose 133

SESSION 5: HEALTHY RELATIONSHIPS 135

Time 136

Session Goals 136

Participant Learning Objectives 136

Materials Needed 136

Session Overview 136

Session Outline 137

Quiet Time 137 Grounding Activity: Participants' Choice 137 Check-In 137 The Brain and Relationships 138 Defining Boundaries in Relationships 139 Activity: Identifying Your Physical Boundaries 140 Characteristics of Healthy Relationships 142 The Relationship Wheel 144 Aspects of a Healthy Relationship 145 Conflict Resolution (STARE) 148 Activity: STARE 148

STARE Conflict Resolution Guide 148 Grounding Activity: Participants' Choice or Twisted Branches to Open Wings Yoga Pose 150 Reflection, Between-Sessions Activity, and Close 151

SESSION 6: LOVE, ENDINGS, AND CERTIFICATES 153

Time 154

Session Goals 154

Participant Learning Objectives 154

Materials Needed 154

Session Overview 155

Session Outline 155

Quiet Time 155 Grounding Activity: Participants' Choice 156 Check-In 156 Bringing Ourselves to Relationships 156 What Is Love? 158 Art Activity: Love Collage 159 How to End a Relationship 160 Activity: Appreciation 162 Identifying and Using Resources 163 Goal Sheets (and/or Optional Evaluation Forms and Optional Post-Information Survey) 168 Grounding Activity: Participants' Choice 169 Certificates of Completion 169

APPENDIX 1: REDEFINING GENDER (LGBTQ+ TERM DEFINITIONS) 173

APPENDIX 2: MEDIA SUGGESTIONS FOR EXPLORING LGBTQ+ EXPERIENCES 177

APPENDIX 3: GOAL SHEET 179

APPENDIX 4: PRE-INFORMATION SURVEY 181

Pre-Information Survey (Spanish) 183

APPENDIX 5: FIVE SENSES CARDS 185

APPENDIX 6: OPTIONAL WORKSHEET: TRAUMA IN THE LGBTQ+ COMMUNITY 187

APPENDIX 7: YOGA POSES 193

- 1. Breath of Joy 193
- 2. Seated Pigeon 195
- 3. Modified Triangle 196
- 4. Twisted Branches to Open Wings 197

APPENDIX 8: HEALING STORIES MASK TEMPLATE 199

APPENDIX 9: CERTIFICATE OF COMPLETION 201

Certificate of Completion (Spanish) 203

APPENDIX 10: POST-INFORMATION SURVEY 205

Post-Information Survey (Spanish) 207

APPENDIX 11: EVALUATION FORM 209

APPENDIX 12: FEEDBACK FORM 211

REFERENCES 213

ABOUT THE AUTHORS 219

OTHER PUBLICATIONS BY STEPHANIE S. COVINGTON 221

ABOUT HAZELDEN PUBLISHING 223