



HEALING TRAUMA+

*A Brief Intervention for Women
and Gender-Diverse People*

THIRD EDITION

Facilitator Guide

Stephanie S. Covington, PhD, LCSW
Eileen M. Russo, MA, LADC

 **Hazelden**
Publishing

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

© 2011, 2016, 2021 by Stephanie S. Covington
All rights reserved. First edition published 2011. Second edition published
2016. Third edition published 2021.
Printed in the United States of America

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

Editor's note:

The first edition of this guide was titled *Healing Trauma: Strategies for
Abused Women*. The second edition was titled *Healing Trauma: A Brief
Intervention for Women*.

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 15

Part 1

INTRODUCTION 19

The World Women Live In 22

Trauma 26

The Process of Trauma 26

Common Responses to Trauma 28

Disorders Related to Trauma 29

Triggers and Retraumatization 30

Dissociation and Grounding 31

Trauma and Substance Use 31

The Therapeutic Environment 32

Creating Safety 32

Dealing with Current Trauma 33

The Program 34

Design of This Facilitator Guide 34

Facilitation 35

Prior to the Session 36

Knowing the People in the Group 38

Co-facilitating 38

Tips on Conducting a Group Session 39

Yoga Poses 44

Considerations for Facilitators 44

Special Considerations for Criminal Justice Settings 47

Materials Needed for Each Session 48

Scope and Sequence 51

Part 2

SESSION 1: WELCOME AND INTRODUCTION TO THE SUBJECT OF TRAUMA 55

Time 56

Session Goals 56

Participant Learning Objectives 56

Materials Needed 56

Session Overview 57

Background Information for the Facilitator(s) 57

Physical Setup 57

Participant Workbooks 57

Name Tents or Name Tags 58

Role Modeling 58

Decorating the Cover/Folder Activity 58

The Five Senses Grounding Activity 59

Involving Participants 59

Optional Pre- and Post-Information Surveys and the Goal Sheet 59

Session Outline 60

Welcome, Facilitator Introductions, and Goals for the Group 60

Why We Are Here: Information about Trauma 62

Group Agreements 66

Personal Goal Sheet (and Optional Pre-Information Survey) 68

Art Activity: Decorate Your Cover/Folder 69

Participant Introductions 69

Sharing Goals 70

Grounding Activity: Five Senses 70

Reflection, Between-Sessions Activity, and Close 71

SESSION 2: POWER AND ABUSE 73

Time 74

Session Goals 74

Participant Learning Objectives 74

Materials Needed 74

Session Overview 74

Session Outline 75

Quiet Time 75

Check-In 75

Review of Last Session and the Between-Sessions Activity 76

Traumatic Events 76

Gender Expectations 78

The Connection between Power and Abuse 82

The Power and Control Wheel 83

Characteristics of People Who Abuse Others 85

Grounding Activity: Soothing Visualization 89

Reflection, Between-Sessions Activity, and Close: Breath of Joy Yoga Pose 91

SESSION 3: THE PROCESS OF TRAUMA AND SELF-CARE 93

Time 94

Session Goals 94

Participant Learning Objectives 94

Materials Needed 94

Session Overview 94

Session Outline 95

Quiet Time 95

Check-In 95

Review of Last Session and the Between-Sessions Activity 96

The Process of Trauma 96

What Does It Mean to Feel “Grounded”? 102

Grounding Activities 102
 Physical Grounding 103
 Mental Grounding 109
 Other Grounding Activities 110
Self-Soothing Chart 111
Relaxation Activity 113
Developing Personal Boundaries 114
Reflection, Between-Sessions Activity, and Close: Seated Pigeon Yoga Pose 116

SESSION 4: THE ACE QUESTIONNAIRE AND ANGER 119

Time 120

Session Goals 120

Participant Learning Objectives 120

Materials Needed 120

Session Overview 120

Session Outline 121

Quiet Time 121
Check-In 121
Review of Last Session and the Between-Sessions Activity 121
The Adverse Childhood Experiences Questionnaire 122
The ACE Study 124
Anger 126
Words for Anger 128
Meeting a Feeling 129
The Anger Funnel 131
Activity: The Anger Funnel 133
Activity: Anger Triggers 134
Grounding Activity: Palms Down, Palms Up 135
Reflection, Between-Sessions Activity, and Close: Modified Triangle Yoga Pose 136

SESSION 5: HEALTHY RELATIONSHIPS 137

Time 138

Session Goals 138

Participant Learning Objectives 138

Materials Needed 138

Session Overview 138

Session Outline 139

Quiet Time 139

Check-In 139

Review of Last Session and the Between-Sessions Activity 140

The Brain and Relationships 140

Defining a Healthy Relationship and the Relationship Wheel 141

Aspects of a Healthy Relationship 143

The Relationship Wheel and the Power and Control Wheel 146

Activity: The Relationship Wheel 147

What Is Love? 148

Grounding Activity or Twisted Branches to Open Wings Yoga Pose 149

Reflection, Between-Sessions Activity, and Close 149

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

Check-In 155

Review of Last Session and the Between-Sessions Activity 156

Bringing Ourselves to Relationships 157

Art Activity: Love Collage 158
How to End a Relationship 159
Activity: Appreciation 160
The Spiral of Trauma and Healing 161
Goal Sheets (and/or Optional Evaluation Forms and Optional Post-Information Survey) 162
Certificates of Completion 163

APPENDIX 1: REDEFINING GENDER (LGBTQ+ TERM DEFINITIONS) 167

APPENDIX 2: MEDIA SUGGESTIONS FOR EXPLORING LGBTQ+ EXPERIENCES 171

APPENDIX 3: GOAL SHEET 173

APPENDIX 4: PRE-INFORMATION SURVEY 175

Pre-Information Survey (Spanish) 177

APPENDIX 5: FIVE SENSES CARDS 179

APPENDIX 6: OPTIONAL WORKSHEET: TRAUMA IN THE LGBTQ+ COMMUNITY 181

APPENDIX 7: YOGA POSES 187

1. Breath of Joy 187
2. Seated Pigeon 189
3. Modified Triangle 190
4. Twisted Branches to Open Wings 191

APPENDIX 8: CERTIFICATE OF COMPLETION 193

Certificate of Completion (Spanish) 195

APPENDIX 9: POST-INFORMATION SURVEY 197

Post-Information Survey (Spanish) 199

APPENDIX 10: EVALUATION FORM 201

APPENDIX 11: FEEDBACK FORM 203

RESOURCES 205

Trauma-Related Resources 205

Self-Help Groups 209

REFERENCES 215

ABOUT THE AUTHORS 221

OTHER PUBLICATIONS BY STEPHANIE S. COVINGTON 223

SPANISH PUBLICATIONS 224

ABOUT HAZELDEN PUBLISHING 225