

# **Beyond Trauma:**

## **A Healing Journey for Women (2nd Edition)**

### **Overview**

While research and clinical experience indicate a high incidence of co-occurring disorders in women's lives, counselors and clinicians often struggle with the realities of providing treatment. This workshop is based on the revised woman-centered trauma treatment curriculum, *Beyond Trauma*, designed for use in outpatient, residential, and criminal justice settings. The revised edition incorporates the insights of neuroscience with the latest understanding of trauma and PTSD to assist both new and seasoned group leaders. Cognitive-behavioral techniques, mindfulness, expressive arts, and the body-oriented exercises are integrated in this strength-based approach. The curriculum also has a psycho-educational component that teaches women what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the outer self (behavior and relationships, including parenting). The training includes interactive exercises that demonstrate techniques that counselors can use to help clients develop coping skills, as well as emotional wellness. In addition, there is a segment on specific issues in criminal justice settings, and the end of each of the twelve sessions has information on adapting for girls. The revised abbreviated 6 session version entitled *Healing Trauma* is also discussed.

### **Topics**

- Developing gender-responsive services
- Connection between trauma, mental health, and substance misuse
- Trauma-informed services
- Gender differences in terms of risk and response
- Triggers and retraumatization
- Emotional development
- Secondary traumatic stress
- Specific concerns and challenges in criminal justice settings
- Exercises from each of the twelve sessions

### **Objectives**

- Understand the historical background of trauma
- Explore the connection between addiction, trauma, and mental health
- Discuss gender differences
- Explicate the process of trauma
- Provide specific therapeutic interventions for each of the twelve sessions
- Develop strategies for work in criminal justice settings

STEPHANIE S. COVINGTON, Ph.D., L.C.S.W.

7946 IVANHOE AVE., #201 B, LA JOLLA, CA 92037 TEL: 858-454-8528 FAX: 858-454-8598 [www.stephaniecovington.com](http://www.stephaniecovington.com)