

Healing Trauma+

A Brief Intervention for Women and Gender-Diverse People (3rd Edition)

Overview

This interactive training presents a new, six-session trauma curriculum entitled *Healing Trauma+: A Brief Intervention for Women and Gender-Diverse People*. Over the years, the understanding of gender has shifted from the binary male-female model to a more inclusive and expansive model. In order to reflect these changes, the evidence-based *Healing Trauma* program has been issued in a new, third edition with an expanded definition of “gender responsive” that includes the experiences of transgender and nonbinary people. This new material has inclusive pronouns, as well as examples of traumatic events and focus questions specific to this group.

The focus is on the core things that both staff members 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). Program topics include: the process of trauma, power and abuse, grounding and self-soothing techniques, and healthy relationships. *Healing Trauma+* includes cognitive-behavioral therapeutic strategies, mindfulness, guided imagery, and expressive arts. It is particularly designed for settings that require a shorter intervention, such as jails, domestic violence agencies, and sexual assault services. The program materials consist of a facilitator guide and participant workbook, both of which are on a flash drive to allow for easy duplication. The workbook is written in both English and Spanish.

Topics

- The process of trauma
- Five core values of trauma-informed services
- Redefining gender and its diversity
- Power and abuse
- Triggers, grounding and self-soothing techniques
- Building healthy relationships

Objectives

- Define gender-responsive and trauma-informed services
- Discuss the connection between substance use disorders and trauma
- Describe the process of trauma and typical responses to trauma
- Demonstrate physical and mental grounding activities
- Apply a variety of therapeutic interventions

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