

STEPHANIE S. COVINGTON, PhD, LCSW
Institute for Relational Development | Center for Gender and Justice
1201 Camino Del Mar, Suite 204, Del Mar, California 92014
Phone: (858) 454-8528 Fax: (858) 454-8598
www.stephaniecovington.com www.centerforgenderandjustice.org

Healing Trauma+
A Brief Intervention for Women and Gender-Diverse People
Agenda for Virtual Training

Day One

12:00 pm – 1:15 pm	Welcome, Introductions Background Information <ul style="list-style-type: none">• The World Women Live In• Redefining Gender• Therapeutic Environment• The Program• Facilitation
1:15 pm – 1:30 pm	Break
1:30 pm – 2:45 pm	Session 1: Welcome and Introduction to the Subject of Trauma <ul style="list-style-type: none">• Information about Trauma• Group Agreements• Five Senses exercise
2:45 pm – 3:00 pm	Break
3:00 pm – 4:15 pm	Session 2: Power and Abuse <ul style="list-style-type: none">• Gender Expectations• Power and Control Wheel• Soothing Visualization exercise
4:15 pm – 4:30 pm	Q&A

Healing Trauma+
A Brief Intervention for Women and Gender-Diverse People
Agenda for Virtual Training

Day Two

12:00 pm – 1:00 pm	Session 3: The Process of Trauma and Self-Care <ul style="list-style-type: none">• Process of Trauma• Importance of Grounding• Self-Soothing Chart exercise
1:00 pm – 1:15 pm	Break
1:15 pm – 2:15 pm	Session 4: The ACE Questionnaire and Anger <ul style="list-style-type: none">• The ACE Study• Anger Funnel
2:15 pm – 2:30 pm	Break
2:30 pm – 3:15 pm	Session 5: Healthy Relationships <ul style="list-style-type: none">• Healthy Relationships• Relationship Wheel
3:15 pm – 4:15 pm	Session 6: Love, Endings, and Certificates <ul style="list-style-type: none">• Love Collage exercise• How to End a Relationship• Appreciation• Express Appreciation to Large Group• Spiral• Closing
4:15 pm – 4:30 pm	Q&A