

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

Exploring Trauma+
A Brief Intervention for Men and Gender-Diverse People
Agenda for Virtual Training

Day One

12:00 pm – 01:30 pm	Welcome, Introductions Background Information <ul style="list-style-type: none">• The World Boys Live In• Redefining Gender• Process of Trauma• Therapeutic Environment• The Program• Facilitation
01:30 pm – 01:45 pm	Break
01:45 pm – 02:45 pm	Session 1: Welcome and Introduction to the Subject of Trauma <ul style="list-style-type: none">• Big T and little t• Word Cloud exercise• Five Senses exercise
02:45 pm – 03:00 pm	Break
03:00 pm – 03:45 pm	Session 2: Exploring Trauma <ul style="list-style-type: none">• Vehicle Check-in• Gender Expectations• Power and Control Wheel• Container exercise
03:45 pm – 04:00 pm	Q&A

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Day Two

12:00 pm – 01:00 pm	Session 3: Thinking, Feeling, and Acting <ul style="list-style-type: none">• If a Boy• Fight, Flight or Freeze• Process of Trauma• Importance of Grounding
01:00 pm – 01:15 pm	Break
01:15 pm – 02:15 pm	Session 4: Beyond Guilt, Shame, and Anger <ul style="list-style-type: none">• Anger Funnel• Spiral• Masks• Trusted Advisor
02:15 pm – 02:30 pm	Break
02:30 pm – 03:45 pm	Session 5: Healthy Relationships <ul style="list-style-type: none">• Healthy Relationships• STARE <p>Session 6: Love, Endings, and Certificates</p> <ul style="list-style-type: none">• Appreciation• Express Appreciation to Large Group• Closing
03:45 pm – 04:00 pm	Q&A