

Beyond Trauma: A Healing Journey for Women

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Trauma



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Gender-Responsive Treatment

- Creating an environment through:
 - site selection
 - staff selection
 - program development
 - content and material
- that reflects an understanding of the realities of the lives of women and girls, and
- addresses and responds to their strengths and challenges.

Source: Covington, S.S., & Bloom, B.E. (2006). Gender-responsive treatment and services in correctional settings. In E. Leader (Ed.), *Inside and out: Women, prison, and therapy*. Binghamton, NY: Haworth.

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Trauma-informed Materials

- *Women and Addiction: A Gender-Responsive Approach*
- *Helping Women Recover*
- *Voices: A Program for Girls*
- *Beyond Trauma: A Healing Journey*
- *Women in Recovery*
- *A Woman's Way through The Twelve Steps*
- *Beyond Violence: A Prevention Program for Women*
- *Healing Trauma: Strategies for Abused Women* (avail June 2011)

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Beyond Trauma:
A Healing Journey for Women

11 sessions



Healing Trauma:
Strategies for Abused Women

5 sessions



**Beyond Trauma & Healing Trauma
Themes**

- Safety
- Empowerment
- Connection (Aloneness)
- Normal reactions (Shame)
- Mind-body connection
- Substance abuse
- Woman-centered

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**Module A: Violence, Abuse,
and Trauma**

Session 1 *Connections between Violence,
Abuse & Trauma*

Session 2 *Power and Abuse*

(10 activities)

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Beyond Trauma
Module A
Session 1

**Connections between Violence,
Abuse & Trauma**

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Inner Self & Outer Self

- Impacts Inner Self – It can impact our inner life... our thoughts, feelings, beliefs, values. For example, some women believe that “you can’t trust anyone”, and “the world is a very unsafe place.”

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Inner Self & Outer Self (cont.)

- Impacts Outer Self – It can impact our outer life... our outer life consists of our relationships and our behavior. Many women who have experienced trauma struggle with their relationships – families, friends, sexual relationships.

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Safety

- Internal
Internal safety is how we take care of our emotions and feelings. If we feel overwhelmed, sad, angry, lonely or frightened, we need to have ways to take care of ourselves when we are stressed.

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Safety

- External
External safety issues involve actions we take in our surroundings. We may lock our doors, choose not to go out alone at night, or un-list our telephone number. We do things to try and keep ourselves physically safe in our environment.

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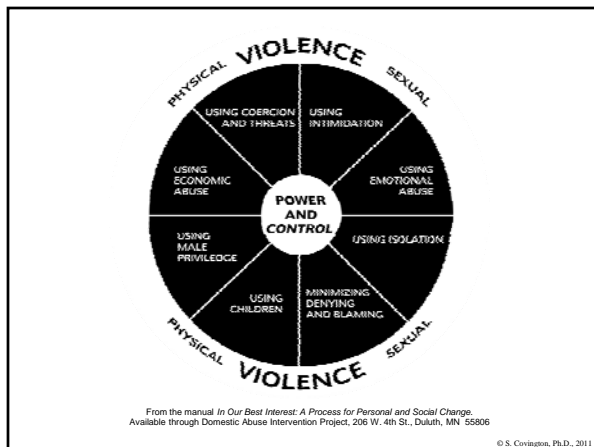
Beyond Trauma

Module A

Session 2

Power and Abuse

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Module B: The Impact of Trauma on Women's Lives

- Session 3** *Reactions to Trauma*
- Session 4** *How Trauma Impacts our Lives*

(7 activities)

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Beyond Trauma

Module B

Session 3

Reactions to Trauma

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Symptoms of Trauma

- Hyper-arousal – this is the most common reaction. It includes difficulty breathing (panting, shallow, rapid), increased heart rate, cold sweats, muscular tension, tingling, racing thoughts, worry.
- Constriction – this alters breathing, muscle tone and posture. It constricts blood vessels in the skin, arms, legs, and internal organs, and tenses muscles.

Hyper-arousal and constriction describe a physical response.

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Symptoms of Trauma (cont.)

- Dissociation – your mind disconnects from the event or physical reality of what is happening. This is a mind-body split. This feels like “losing time” and can include loss of memory.
- Denial – this is like dissociation only not as severe. A woman ignores or fails to acknowledge a feeling or situation or acts as though it is unimportant.

Dissociation and denial are part of the psychological response.

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Reactions

- Physical reactions are automatic and are not controlled by us.
- Brain reactions are also automatic.
- The body stores reactions. Then the body reacts as though it is back re-living the traumatic events of the past

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Trauma History

	Child	Adolescence	Adult
Event			
Life before the event			
Life after the event			

Overall impact of the event:

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Beyond Trauma
Module B
Session 4

**How Trauma Impacts
Our Lives**

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Trauma and its aftermath

Women report the following:

- “Losing control” of life
- Re-experiencing – can’t concentrate
- Self-image changes
- Depression
- Relationship problems
- Sexuality issues

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Module C: Healing from Trauma

Session 5 *The Addiction and Trauma Connection: Spirals of Recovery and Healing*

Session 6 *Grounding and Self-Soothing*

Session 7 *Abuse and the Family*

Session 8 *Mind and Body Connection*

Session 9 *The World of Feelings*

Session 10 *Healthy Relationships: Wheel of Love*

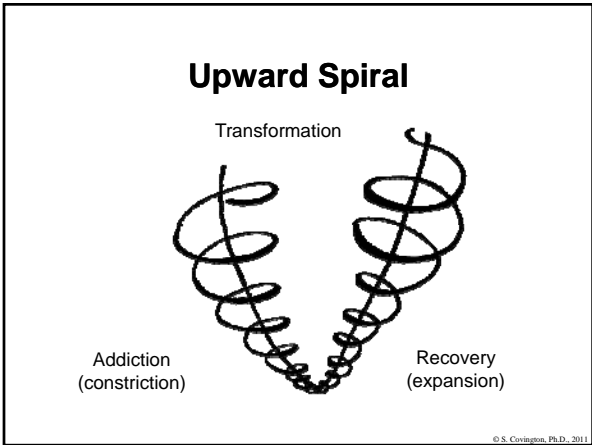
Session 11 *Endings and Beginnings*

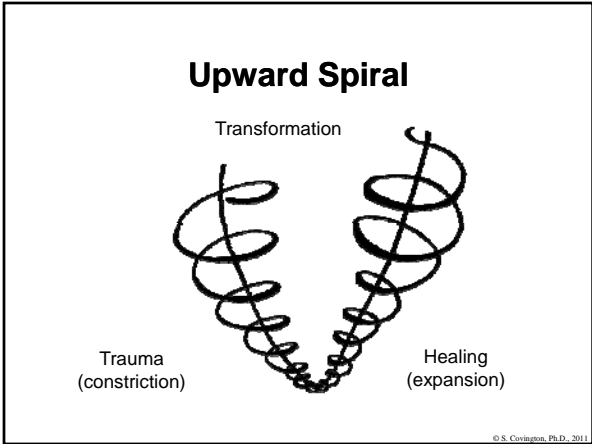
(29 activities)

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Beyond Trauma
Module C
Session 5
Spirals of Recovery and Healing

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Self-Care Scale				
	Not at all	Just a little	Pretty much	Very much
I keep up my physical appearance (nails, hair, bathing, clean clothes)				
I exercise regularly				
I eat healthy meals				
I get restful sleep				
I go to work/school (or complete tasks)				
I can adapt to change				
I keep up my living space				

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Self-Care Scale				
	Not at all	Just a little	Pretty much	Very much
I take constructive criticism well				
I can accept praise				
I laugh at funny things				
I acknowledge my needs and feelings				
I engage in new interests				
I can relax without drugs and alcohol				
I value myself				
I live a clean and sober life				

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<p><i>Beyond Trauma</i> Module C Session 6</p> <p>Grounding and Self-Soothing</p>

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Grounding

Grounding techniques are strategies to help a person who is dissociating (“losing time”, emotionally absent) “come back” into current reality and feelings.

Grounding techniques help the person become aware of the here and now. Grounding techniques can help women realize that they are in the here and now and what they are experiencing is in the past and it is not happening now.

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Self - Soothing

	Alone	With Others
Daytime		
Night Time		

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Module C

Session 7

Abuse in the Family

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Module C
Session 8

Mind and Body Connection

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Emotional Wellness

1. Sense having a feeling.
2. Locate feeling in the body.
3. Name the feeling.
4. Express feeling appropriately
5. Ability to contain feeling.

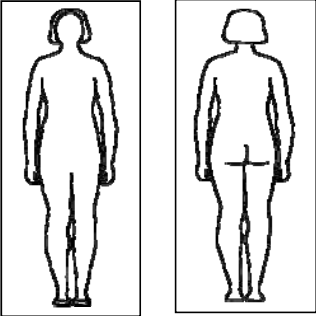
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Emotional Wellness

- Slow Down. Stop.
- What am I feeling?
- Does the intensity of the feeling match the situation?
- How old am I... as I have this feeling?

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Body-Mind Connection



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Module C
Session 9

The World and Feelings

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Common Feelings

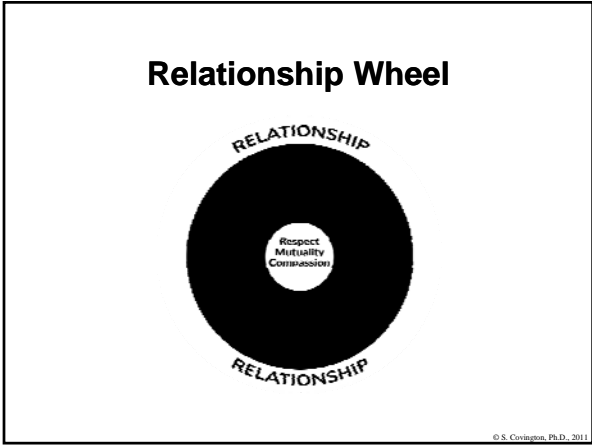
- Anger
- Loss
- Shame

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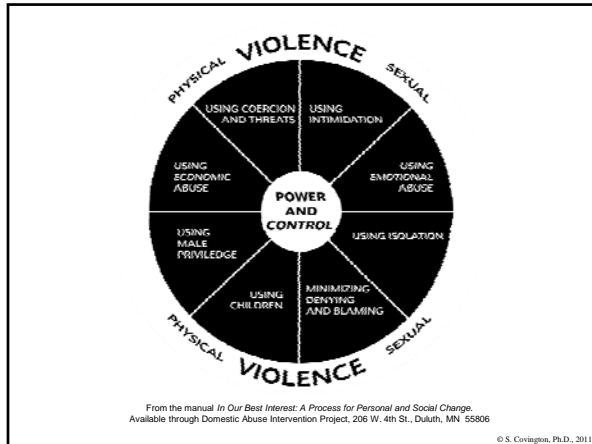
Beyond Trauma
Module C
Session 10

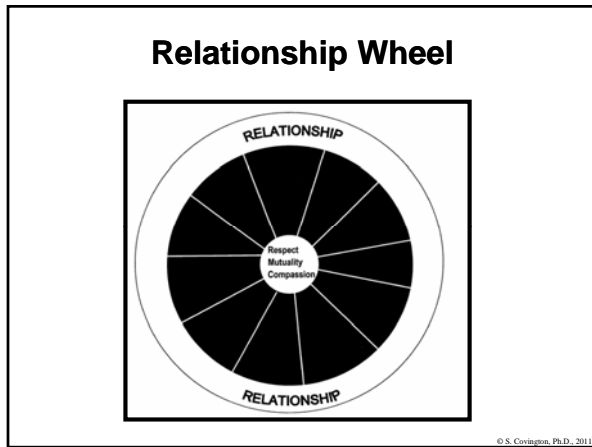
**Healthy Relationships:
Wheel of Love**

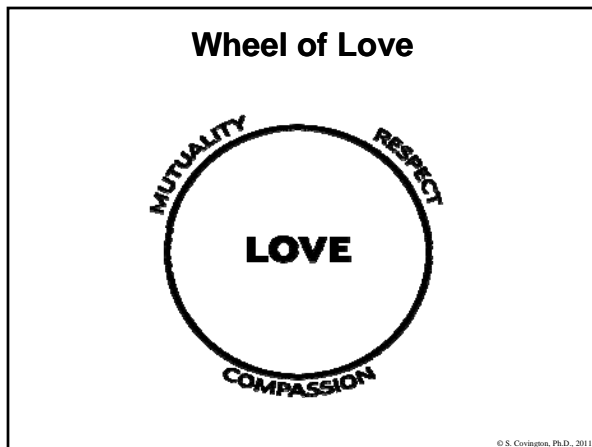
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- Steps to a Healthy Relationship**
- Similarities
 - Ability to Deal with Change
 - Compatible Values
 - Effective, Open Communication
 - Effective Conflict/Anger Resolution
 - Effective Negotiation
 - Firm Personal Boundaries
 - Healthy Sexual Expression
 - Shared Quality Time
 - Friendship
- (Covington & Beckett, 1998)
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Beyond Trauma
Module C
Session 11

Endings and Beginnings

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Spirituality

One definition of spirituality is oneness, wholeness, connection to the universe; belief in something greater than yourself, trust in a higher or deeper part of yourself.

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Spiritual Practices

- Quiet time
- Prayer
- Meditation
- Centering activities such as singing, music
- Being out in nature
- Keeping a journal

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Spiritual Practices (cont.)

- Attending church, synagogue, mosque, temple
- Helping others in need
- Creating personal altars..
- Learning from others.
- Celebrations!

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Beyond Trauma Themes

- Safety
- Empowerment
- Connection (Aloneness)
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Sanctuary



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Women Healing

Working on multiple levels:

- Individual
- Political
- Spiritual

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