

# Beyond Trauma: A Healing Journey for Women

## Workshop 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 a new woman-centered trauma treatment curriculum, *Beyond Trauma*, designed for use in outpatient, residential, and criminal justice settings. Cognitive-behavioral techniques, expressive arts, and the principles of relational therapy 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 other 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. There is also a segment on specific issues in criminal justice settings: management and supervision, medical and psychological services.

## Workshop Topics

- Developing gender-responsive services
- Connection between trauma, mental health, and substance abuse
- Trauma-informed services
- Gender differences in terms of risk and response
- Triggers and retraumatization
- Grounding and dissociation
- Mind-body connection
- Emotional development
- Relational and sexual issues
- Secondary traumatic stress
- Specific concerns and challenges in criminal justice settings

## Workshop 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 treatment interventions
- Develop strategies for work in criminal justice settings

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