

Healing the Wounds of Abuse

Trauma and the Healing Process

Workshop Overview

While addiction and abuse are often addressed as separate issues, mental health professionals report a clear and consistent association between the incidence of chemical dependency and all forms of physical, emotional, and sexual abuse in women's lives. This workshop reviews the history of trauma and its connection to addiction. It then emphasizes healing from sexual and domestic abuse and ways to facilitate that healing in the context of addiction and recovery. The treatment model used is part of *Helping Women Recover*, a curriculum for treating women, and incorporates Judith Herman's three stage framework for trauma recovery. This workshop focuses on creating safety, the first stage in recovery.

Workshop Topics

- History of trauma
- Trauma and women's lives
- Trauma and its connection to addiction
- Intervention points
- Healing Process
 - Three stages of recovery*
 - Domestic violence*
 - Sexual abuse*

Workshop Objectives

- Understand the historical background of trauma
- Examine the impact of trauma in women's lives
- Explore the connection between addiction and abuse
- Increase therapeutic skills in working with trauma survivors

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