

# Exploring Trauma+

## A Brief Intervention for Men and Gender-Diverse People (2nd Edition)

### Overview

With an increased understanding of the impact of trauma, clinicians are beginning to recognize specific issues for men and for trans and nonbinary people. This includes the silence that surrounds men's abuse and other adverse childhood experiences, the effects of male socialization on men's response to such experiences, the risk of victims becoming abusers and perpetrators of violence, and the need to understand men's shame and reluctance to explore their trauma.

*Exploring Trauma+: A Brief Intervention for Men and Gender-Diverse People* is an innovative and research-based, six-session curriculum that is designed for people who have been abused or have experienced other forms of trauma. Topics include: defining trauma; understanding the process of trauma; trauma's impact on the inner self (thoughts, feelings, beliefs) and the outer self (behaviors and relationships); building resilience; and coping and calming strategies. Participant-led grounding activities are part of this interactive workshop.

Over the years, the understanding of gender has shifted from the binary male-female model to a more inclusive and expansive model. This second edition of *Exploring Trauma* is now entitled *Exploring Trauma+: A Brief Intervention for Men and Gender-Diverse People* in order to reflect the changes in this new edition. We have expanded the definition of *gender responsive* to include the experiences of transgender and nonbinary people.

### Topics

- The process of trauma
- Five core values of trauma-informed services
- Redefining gender and its diversity
- Power and abuse
- Triggers, grounding and self-soothing techniques
- Building healthy relationships

### Objectives

- Define gender-responsive and trauma-informed services
- Discuss the connection between substance use disorders and trauma
- Describe the process of trauma and typical responses through the lens of men's socialization
- Understand men's dissociative responses to discussions of trauma, abuse, shame, and anger
- Demonstrate physical and mental grounding activities
- Apply a variety of therapeutic interventions

STEPHANIE S. COVINGTON, Ph.D., L.C.S.W.

7946 IVANHOE AVE., #201 B, LA JOLLA, CA 92037 TEL: 858-454-8528 FAX: 858-454-8598 [www.stephaniecovington.com](http://www.stephaniecovington.com)