

# BEYOND TRAUMA

A Healing Journey for Women

FACILITATOR GUIDE

Second Edition

Stephanie S. Covington, PhD



Hazelden Publishing Center City, Minnesota 55012 hazelden.org/bookstore

© 2003, 2016 by Stephanie S. Covington All rights reserved. First edition published 2003. Second edition published 2016. Printed in the United States of America

Unless otherwise indicated, no part of this publication, either print or electronic, may be reproduced in any form or by any means without the express written permission of the publisher. Failure to comply with these terms may expose you to legal action and damages for copyright infringement.

#### Editor's note:

We have used the terms *program* and *curriculum* interchangeably when referring to *Beyond Trauma* to meet the needs of both criminal justice and behavioral health settings.

The yoga photos/instructions were provided by Machelle Lee and are reproduced from *Beyond Violence*. Copyright 2013 by S. Covington. This material is reproduced with permission of John Wiley & Sons, Inc., and Machelle Lee.

The SEEDS text (pages 17 and 202) is adapted from *The Brain Bible: How to Stay Vital*, *Productive, and Happy for a Lifetime* by John B. Arden, 2014. Reprinted with permission.

ISBN-13: 978-1-61649-682-1

Cover design: Linda Koutsky Interior design and typesetting: Terri Kinne



## CONTENTS

Acknowledgments	XX
Introduction	1
Part 1: Overview of Trauma and the <i>Beyond Trauma</i> Program, 5	
Chapter 1: Background Information	7
What Is Trauma?	
Women and Trauma	9
Gender-Responsive Services, 12	
Gender-Responsive Principles, 12	
Understanding Trauma	13
The Process of Trauma, 13	
The Effects of Trauma, 15	
Mental and Emotional Effects of Trauma, 16	
Posttraumatic Stress Disorder (PTSD), 18	
Developmental Trauma Disorder, 20	
Physical Effects of Trauma, 21	
Trauma and the Brain, 21	
Dissociation, 22	
Trauma and Substance Use Disorders, 22	
Self-Harm, 24	
A Model for Women's Recovery: Women's Integrated Treatment (WIT)	25
Theoretical Foundations, 25	
Relational-Cultural Theory, 25	
Addiction Theory, 26	
Trauma Theory, 27	
An Integrated Treatment Approach, 27	
Research on the Curricula, 28	
Working with Trauma	29
Trauma-Informed Services, 29	
The Therapeutic Environment, 29	
Trauma Treatment 31	

Stages of Recovery, 32	
Creating Safety, 35	
The Spiral of Trauma and Healing: A Transformational Model, 36	
Triggers and Retraumatization, 38	
Dissociation and Grounding, 39	
Depersonalization, 39	
Self-Harm, 40	
Self-Help/Mutual-Help Groups, 40	
Considerations for Professionals, 42	
Professional Self-Care, 42	
Clinical Supervision, 42	
Cultural Competence, 43	
Ethical Issues, 44	
Chapter 2: Introduction to the Program	45
The Curriculum	45
Group Composition, 46	
Using the Facilitator Guide	47
Session Outlines, 47	
Materials Needed for the Sessions, 49	
The Role of the Facilitator	54
Reliability, 55	
Style, 55	
Knowing the Women in the Group, 56	
Cultural Awareness, 57	
Co-facilitating, 57	
Prior to the Program, 58	
Adjusting the Timing, 61	
Adapting the Sessions for Use with Girls, 61	
Special Considerations for Criminal Justice Settings, 63	
Suggestions for Conducting Group Sessions	64
Creating Safety, 64	
Group Agreements, 65	
Facilitating Group Interaction, 66	
Emphasizing Resilience, 69	
Dealing with Challenging Situations, 70	
Asking and Answering Questions, 72	
Sharing Reading and Writing Tasks, 73	

Adjusting the Timing, 73	
Assessing Current Trauma, 74	
Finding Local Resources, 75	
Using the Workbooks, 76	
Using the Videos, 76	
Using Guided Imagery, 76	
Completing the Collages, 77	
Mindfulness, 77	
Yoga Poses and the Mind-Body Connection, 78	
Staff Training, 78	
Conclusion	79
	_
Part 2: Session Outlines, 81	
Module A: Violence, Abuse, and Trauma, 83	
Session 1: Introduction to the Program	8
Time	
Goal of the Session	
Participant Objectives	
Materials Needed	85
Session Overview	86
Background Information for the Facilitator	87
Workbooks, 87	
Language and Tone, 87	
Confidentiality, 88	
Involving Participants, 88	
References for Lecture Materials, 88	
Use of Video, 89	
Preparing for the Lecture on the Spiral of Trauma and Healing, 89	
Preparing for the Five Senses Activity, 89	
The Session	91
Facilitator Welcome and Introduction, 91	
Group Introductions, 92	
Quiet Time, 92	
Optional: Beyond Trauma Participant Video (Segment 1: Welcome), 93	
Overview of the Program, 93	

Group Agreements, 96	
Session Format, 101	
Lecture: What Is Trauma?, 103	
Optional: <i>Beyond Trauma</i> Participant Video (Segment 2: The Spira and Healing), 105	al of Trauma
Lecture: The Spiral of Trauma and Healing, 106	
Lecture: Triggers, 107	
Activity: Five Senses, 108	
Activity: Breathing and Exhaling, 109	
Lecture: How Often Trauma Occurs, 110	
Violence against Women and Children, 110	
Relationship Violence, 112	
Optional: Additional Statistics, 113	
Check-In, 114	
Discussion: What Would You Like to Get from This Group?, 115	
Activity: Palms Down, Palms Up, 116	
Between-Sessions Activity, 116	
Closing, 117	
Adapting the Session for Use with Girls	118
Session 2: The Connections between Violence, Abuse, and Trauma	121
Time	121
Goal of the Session	121
Participant Objectives	121
Materials Needed	121
Session Overview	122
Background Information for the Facilitator	123
Preparing for the Session, 123	
Preparing for the Lecture on the Effects of Toxic Stress and Traur	ma, 123
The Session	125
Welcome, Review of Introductions, and Logistics, 125	
Quiet Time, 126	
Review of Group Agreements, 126	
Goal of the Session, 127	
Discussion and Reading: What Causes Trauma?, 127	
Check-In, 130	
Ontional Activity: Breathing and Exhaling, 130	

	Lecture and Discussion: The Effects of Toxic Stress and Trauma, 131	
	Optional: Beyond Trauma Participant Video (Segment 3: The Effects of Toxic Stress	3
	and Trauma), 131	
	Lecture: Substance Use and Trauma, 137  Lecture: How Violence and Abuse Are Different for Men and Women, 137	
	Lecture: Different Responses to Trauma, 138  Lecture: Posttraumatic Stress Disorder, 139	
	Activity: Creating Safety, 140	
	Optional: Between-Sessions Activity: Finding Our Symbols, 143	
	Reflection, 143	
	Between-Sessions Activity, 144	
	Activity: Palms Down, Palms Up, 144	
	Closing, 145	
	Adapting the Session for Use with Girls	146
	Adapting the obsolution one with different control of the control	. 140
S	ession 3: Power and Abuse	. 147
	Time	. 147
	Goal of the Session	. 147
	Participant Objectives	. 147
	Materials Needed	. 147
	Session Overview	. 148
	Background Information for the Facilitator	
	Preparing for the Role Reversal Activity, 149	. 170
	Preparing for the Lecture on the Power and Control Wheel, 149	
	Preparing for the Lecture on Local Resources, 150	
	The Session	. 151
	Quiet Time, 151	
	Optional: Reading, 151	
	Check-In, 152	
	Review of Between-Sessions Activity, 152	
	Goal of the Session, 153	
	Discussion: Gender Expectations, 153	
	Optional: Beyond Trauma Participant Video (Segment 4: Role Reversal), 154	
	Activity: Role Reversal, 155	
	Lecture: The Connection between Abuse and Power, 163	
	Activity: Grounding, 164	
	Lecture: The Power and Control Wheel, 165	
	Lecture: Local Resources, 169	

	Reflection, 170
	Between-Sessions Activity, 170
	Activity: Five Senses, 171
	Closing, 171
	Adapting the Session for Use with Girls
S	ession 4: The Process of Trauma and Reactions to Trauma
	Time
	Goal of the Session
	Participant Objectives
	Materials Needed
	Session Overview
	Background Information for the Facilitator
	Preparing for the Lecture on the Process of Trauma, 179
	Preparing for the Slowed Exhalation Activity, 179
	Preparing for the Lecture on the Effects of Trauma on the Brain, 179
	Preparing for the Texture and Sensation Activity, 179
	The Session181
	Quiet Time, 181
	Check-In, 181
	Review of Between-Sessions Activity, 182
	Goal of the Session, 182
	Activity: Types of Abuse, 182
	Optional: Beyond Trauma Participant Video (Segment 5: The Process of Trauma), 185
	Lecture: The Process of Trauma, 186
	Activity: Listing Calming Strategies, 195
	Activity: Mindful Breathing, 196
	Lecture: Responses Associated with Trauma, 196
	Activity: Slowed Exhalation, 199
	Lecture and Discussion: The Effects of Trauma on the Brain, 200 Optional: Beyond Trauma Participant Video (Segment 6: The Effects of Trauma
	on the Brain), 201
	Activities: Reconnection with the Body, 203
	Activity 1: Four Sensations, 203
	Activity 2: Texture and Sensation, 204
	Reflection, 205

Between-Sessions Activity, 205 Closing, 208	
Adapting the Session for Use with Girls	209
Module B: The Impact of Trauma on Women's Lives, 213	
Session 5: How Trauma Affects Our Lives	215
Time	215
Goals of the Session	215
Participant Objectives	215
Materials Needed	
Session Overview	216
Background Information for the Facilitator	217
The Impact of Trauma Module, 217	
Preparing for the Collage Activity, 217	
Preparing for the Between-Sessions Activity, 218	
Yoga Pose, 218	
The Session	219
Quiet Time, 219	
Check-In, 219	
Review of Between-Sessions Activity, 220	
Goals of the Session, 220	
Lecture: Trauma and Its Aftermath, 221	
Effects of Trauma on Relationships, 222	
Effects of Trauma on Sexuality, 223	
Lecture: Triggers, 224	
Activity: Triggers and the Body, 225	
Activity: Adverse Childhood Experiences Questionnaire, 228	
Lecture: The Adverse Childhood Experiences Study, 229	
Lecture: The Effects of Substance Use on the Brain, 231	
Activity: Collage of the Effect of Violence, Abuse, and Trauma on Your Life, 233	
Reflection, 234	
Between-Sessions Activity, 234	
Activity: Yoga Pose, 235 Optional Activity: Palms Down, Palms Up, 238	
Closing, 238	

Adapting the Session for Use with Girls	239
Session 6: Abuse and the Family	243
Time	243
Goals of the Session	243
Participant Objectives	243
Materials Needed	243
Session Overview	244
Background Information for the Facilitator	245
Preparing for the Family Sculpture Activity, 245	
The Session	247
Quiet Time, 247	
Check-In, 247	
Review of Between-Sessions Activity, 248	
Goals of the Session, 248	
Optional: Beyond Trauma Participant Video (Segment 7: Family Sculpture), 2	248
Activity: Family Sculpture, 248	
Discussion: Family Sculpture, 260	
Activity: Calming and Grounding, 261	
Lecture: Abuse in Families, 262	
Activity: Yoga Pose, 264	
Activity: Getting to Know My Inner Child, 266	
Reflection, 269	
Between-Sessions Activity, 269	
Closing, 270	
Adapting the Session for Use with Girls	271
Module C: Healing from Trauma, 275	
Session 7: The Connection between Trauma and Addiction: Spirals of Recove	ery
and Healing	-
Time	277
Goals of the Session	277
Participant Objectives	277
Materials Needed	277

	Session Overview	278
	Background Information for the Facilitator	279
	Preparing for the Lecture on the Spiral of Addiction and Recovery and the Spiral of Trauma and Healing, 279	
	The Session	281
	Quiet Time, 281	201
	Check-In, 281	
	Review of Between-Sessions Activity, 282	
	Goals of the Session, 282	
	Discussion: Why Some Women Use Substances after Trauma, 282	
	Optional: Beyond Trauma Participant Video (Segment 8: The Spiral of Addiction and Recovery and the Spiral of Trauma and Healing), 283	
	Lecture: The Spiral of Addiction and Recovery, 284	
	Lecture: The Spiral of Trauma and Healing, 286	
	Activity: Our Own Spirals, 287	
	Discussion: Personal Experiences with Substances, 289	
	Discussion: Safety, 290	
	Activity: Drawing Safety, 291	
	Discussion: What Is Self-Care?, 292	
	Activity: Self-Care Scale, 292	
	Reflection, 294	
	Between-Sessions Activity, 294	
	Closing, 294	
	Adapting the Session for Use with Girls	295
Se	ession 8: Grounding and Self-Soothing	297
	Time	297
	Goal of the Session	297
	Participant Objectives	297
	Materials Needed	297
	Session Overview	298
	Background Information for the Facilitator	299
	Preparing for the Grounding and Relaxing Activities, 299	
	The Session	301
	Quiet Time, 301	
	Check-In, 301	

Review of Between-Sessions Activity, 301
Goal of the Session, 302
Optional: Beyond Trauma Participant Video (Segment 9: Feeling Grounded), 302
Lecture: Feeling Grounded, 302
Activities: Physical Grounding, 303
Physical Grounding Activity 1, 303
Physical Grounding Activity 2, 308
Physical Grounding Activity 3, 309
Physical Grounding Activity 4, 309
Physical Grounding Activity 5, 310
Physical Grounding Activity 6, 311
Physical Grounding Activity 7, 312
Physical Grounding Activity 8, 313
Activities: Mental Grounding, 314
Mental Grounding Activity 1, 314
Mental Grounding Activity 2, 315
Mental Grounding Activity 3, 316
Discussion: Grounding Techniques, 317
Discussion: Self-Soothing Chart, 318
Activity: Relaxation, 320
Lecture: Developing Personal Boundaries, 322
Activity: Physical Boundaries, 324
Reflection, 326
Between-Sessions Activity, 327
Closing, 327
Adapting the Session for Use with Girls
Session 9: The Mind and Body Connection
Time
Goal of the Session
Participant Objectives
Materials Needed
Session Overview
Background Information for the Facilitator
Preparing for the Review of Between-Sessions Activity, 331
As an Option to the Feelings and the Body Activity, 331
Preparing for the Communication and Feelings Activity, 331

	The Session	333
	Quiet Time, 333	
	Check-In, 333	
	Review of Between-Sessions Activity, 333	
	Goal of the Session, 334	
	Lecture: The Mind-Body Connection, 334	
	Lecture: Emotional Wellness, 335	
	Activity: Creating a Container, 338	
	Activity: Feelings and the Body, 339	
	Activity: Communication and Feelings, 341	
	Reflection, 345	
	Between-Sessions Activity, 345	
	Closing, 345	
	Adapting the Session for Use with Girls	346
S	ession 10: Our Feelings	347
	Time	347
	Goal of the Session	347
	Participant Objectives	347
	Materials Needed	347
	Session Overview	348
	Background Information for the Facilitator	349
	Working with Intense Feelings, 349	
	For Women Who Have Anger Issues, 349	
	Using Guided Imagery (Visualization), 349	
	The Session	351
	Quiet Time, 351	
	Check-In, 351	
	Review of Between-Sessions Activity, 351	
	Goal of the Session, 352	
	Lecture: Feelings, 352	
	Activity: The Observer Self, 353	
	Discussion: Powerful Shared Feelings, 355	
	Activity: Losses, 357	
	Lecture: Empathy and Compassion, 357	
	Activity: Yoga Pose, 358	
	Activity: Meeting a Feeling, 360	

Lecture: Happiness, 363

	Reflection, 364
	Between-Sessions Activity, 365
	Activity: Affirmation, 365
	Closing, 366
	Adapting the Session for Use with Girls
S	ession 11: Healthy Relationships
	Time
	Goals of the Session
	Participant Objectives
	Materials Needed
	Session Overview
	Background Information for the Facilitator
	Preparing for the Love Collage Activity, 371
	Preparing for the Between-Sessions Activity, 371
	The Session 373
	Quiet Time, 373
	Check-In, 373
	Review of Between-Sessions Activity, 374
	Goals of the Session, 374
	Discussion: What Is a Healthy Relationship?, 374
	Lecture: Defining a Healthy Relationship, 374
	Lecture: The Brain and Relationships, 375
	Lecture: The Relationship Wheel, 377
	Optional: <i>Beyond Trauma</i> Participant Video (Segment 10: Characteristics of a Healthy Relationship), 378
	Lecture: Characteristics of a Healthy Relationship, 378
	Activity: Yoga Pose, 383
	Discussion: Contrasting the Relationship Wheel and the Power and Control Wheel, 384
	Activity: The Relationship Wheel, 385
	Lecture: The Wheel of Love, 385
	Activity: Love Collage, 387
	Reflection, 387
	Between-Sessions Activity, 388
	Activity: Palms Down, Palms Up, 390
	Closing, 390

	Adapting the Session for Use with Girls	1
Se	ession 12: Endings and Beginnings	3
	Time	3
	Goal of the Session	3
	Participant Objectives	
	Materials Needed	
	Session Overview 39	
	Background Information for the Facilitator	ט
	Preparing for the Building an Altar Activity, 395	
	Optional Activities and Readings, 395	
	The Session 39	7
	Quiet Time, 397	
	Check-In, 397	
	Review of Between-Sessions Activity, 397	
	Goal of the Session, 398	
	Activity: Building an Altar, 398	
	Optional: Activity, 399	
	Lecture and Discussion: Endings, 400	
	Activity: Appreciation, 401	
	Lecture and Discussion: The Meaning and Importance of Spirituality, 402	
	Lecture: Twelve Step Programs and Spirituality, 405	
	Activity: Loving Kindness Meditation, 406	
	Optional: Meditation: Simple Guidelines to Practice Mindfulness, 409	
	Activity: Meaningful Women in Our Lives, 410	
	Optional: Readings, 411	
	Optional: Beyond Trauma Participant Video (Segment 11: Closing), 412	
	Closing, 412	
	Adapting the Session for Use with Girls	3
Ap	ppendix 1: The Five Senses	7
Ap	opendix 2: Yoga Poses	9
•	Breath of Joy, 420	
	Seated Pigeon, 422	
	Modified Triangle, 423	
	Twisted Branches to Open Wings, 425	

Appendix 3: Local Resources 427
Appendix 4: Handouts for the Girls' Adaptation
Teen Power and Control Wheel, 430
Equality Wheel for Teens, 431
Ten Warning Signs of Abuse, 432
Local Resources for Girls, 433
History of Trauma Chart, 434
Teenagers and Sleep, 435
Family Map, 436
Simple Rules for Stopping Rape, 437
Anger Funnel, 438
Appendix 5: Facilitator Feedback Form
Appendix 6: Participant Feedback Form
Resources
Trauma-Related Resources, 443
Self-Help Groups, 446
Federal Publications, 450
References 451
About the Author
Other Publications by Stephanie S. Covington, PhD