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 (men and boys), and
- addresses and responds to their strengths and challenges.

Theoretical Framework

The theories related to gender and substance abuse (and any other relevant treatment service) that create the framework of thought for program development. This is the knowledge base that creates the foundation upon which the program is developed.

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Treatment Strategies

The approaches used in the program that create the therapeutic process. These are the ways in which theory is operationalized (how theory is applied).

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Helping Women Recover: A Program for Treating Addiction

- Theory of Addiction
  - Holistic health model
  - Chronic neglect of self in favor of something or someone else

- Theory of Women’s Psychological Development
  - Relational–Cultural Model (Stone Center)

- Theory of Trauma
  - Three Stage Model (Herman)
  - Upward Spiral – A Transformational Model (Covington)

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Helping Men Recover: (Covington, Griffin & Dauer) A Program for Treating Addiction

**Theory of Addiction**
- Holistic health model
- Chronic neglect of self in favor of something or someone else

**Theory of Men’s Psychological Development**
- Relational–Cultural Theory (Stone Center)
- Kivel, Pollack, etc.

**Theory of Trauma**
- Three Stage Model (Herman)
- Upward Spiral – A Transformational Model (Covington)
Beyond Trauma: A Healing Journey for Women

11 sessions

Beyond Trauma
A Healing Journey for Women

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Healing Trauma: Strategies for Abused Women

5 sessions

Healing Trauma:
Strategies for Abused Women

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Beyond Trauma: A Healing Journey for Women

Trauma Theory
Sandra Bloom, M.D.
Judith Herman, M.D.
Peter Levine, Ph.D.

Integrates cognitive-behavioral, expressive arts, guided imagery, and relational therapy.
Beyond Trauma & Healing Trauma
Themes

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

Voices: A Program of Self-discovery and Empowerment for Girls

- Theory of Girls’ Psychological Development
  - Relational–Cultural Model (Stone Center, Gilligan, Brown)
- Theory of Attachment
  - Ainsworth, Bowlby, Harlow, Stern
- Theory of Trauma
  - Three Stage Model (Herman)
  - Transformational Spiral (Covington)
- Theory of Resilience
  - Biscoe, Wolin & Wolin
- Theory of Addiction
  - Holistic Health Model
Key Elements
(Staff and Clients)

- Learn what trauma/abuse is
- Understand typical responses
- Develop coping skills

Healing Trauma  5 sessions
Beyond Trauma  11 sessions
Voices        18 sessions
Healing Trauma
Session 1

Welcome, Group Agreements and Introduction

Table of Contents
Session 1

- Welcome
- Why We Are Here
- Group Agreements
- Personal Goal Sheet
- Art Activity: Decorate Your Cover/Folder
- Participant Introductions
- Sharing Goals
- Grounding Exercise: Five Senses
- Reflection
This Group will Help You:

- Learn more about abuse and how widespread it is in women’s lives
- Become aware of the strengths you already have
- Increase the skills you need for healing
- Learn exercises and techniques that can help you feel more grounded and safe

Common Concerns

- Why did this happen to me?
- What did I do wrong?
- Why do I feel so ashamed?
- Why did people hurt me?
- Why is life such a struggle?
- What do I do now?
Trauma

One definition of trauma says that trauma occurs when a threatening event overwhelms a person’s normal coping skills. In other words, trauma is any stressor that occurs in a sudden and forceful way and is experienced as overwhelming. For some women, the trauma is not a onetime event but is a threat that builds over time.

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.”
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.

Art Activity: Decorate Your Cover
Grounding Exercise:
Five Senses
Reflection Page

This is a place where you can write or draw about your experience in the group. Maybe you’d like to write about what was most meaningful for you in session 1.

Healing Trauma
Session 2
Power & Abuse
Traumatic Events

Trauma can take many forms:

- Emotional, sexual or physical abuse,
- Extremely painful and frightening medical procedures
- Catastrophic injuries and illnesses
- Rape or assault
- Muggings
- Domestic violence
- Burglary
Traumatic Events (cont.)

- Witnessing murder
- Automobile accidents
- Immigration
- Natural disasters (hurricanes, earthquakes, tornadoes, fires, floods, volcanoes)
- Abandonment (especially for small children)
- Terrorism such as September 11, 2001
- Witnessing violence such as a parent harming another parent

Traumatic Events (cont.)

- Loss of a loved one and severe bereavements (even of a pet)
- Combat/war
- Torture
- Kidnapping
- Intergenerational (cultural) trauma

Of all these forms of trauma, women are at greater risk of interpersonal abuse than men.
Gender Expectations:
Social Messages

Focus Questions

• How are boys and girls treated differently?
• What does it mean to “act like a woman”?
• What does it mean to “act like a man”?
• What would it be like if our roles and the messages were reversed?
The Connection Between Power & Abuse

Here are some ways in which power and abuse are connected:

- The abuser uses power over the victim.
- The abuser takes power away from the victim.
- The victim feels powerless against the abuser and in many aspects of her life.
- The victim feels trapped or locked in a role.
- The victim feels isolated, so there is no strength or power from others who could help.

From the manual "In Our Best Interest: A Process for Personal and Social Change.
Available through Domestic Abuse Intervention Project, 206 W. 4th St., Duluth, MN 55806
© S. Covington, Ph.D., 2012
Characteristics of Batterers

Behavior as Clues:

- Jealousy
- Controlling behavior
- Quick involvement
- Unrealistic expectations
- Isolation
- Blaming others for problems
- Blaming others for feelings
- Hypersensitivity
Characteristics of Batterers (cont.)

- Cruelty to animals and/or children
- “Playful” use of force in sex
- Verbal abuse
- Rigid sex roles
- Dr. Jekyll and Mr. Hyde
- Past battering
- Threats of violence
- Hitting or breaking objects
- Use of force during an argument

Guided Imagery:
Safe Place
Healing Trauma
Session 3
The Process of Trauma and Self Care

Table of Contents
Session 3

• Quiet Time, Check-In and Review of Last Session
• The Process of Trauma
• What Does It Mean to Feel “Grounded”? 
• Grounding Exercises
• Self-Soothing Chart
• Relaxation Exercise
• Developing Personal Boundaries
• Reflection
Process of Trauma

**TRAUMATIC EVENT**
Overwhelms the Physical & Psychological Systems
Intense Fear, Helplessness or Horror

**RESPONSE TO TRAUMA**
Fight or Flight, Freeze, Altered State of Consciousness, Body Sensations, Numbing, Hyper-vigilance, Hyper-arousal

**SENSITIZED NERVOUS SYSTEM**
CHANGES IN BRAIN

**CURRENT STRESS**
Reminders of Trauma, Life Events, Lifestyle

**PAINFUL EMOTIONAL STATE**

**RETREAT**
ISOLATION
DISSOCIATION
DEPRESSION
ANXIETY

**SELF-DESTRUCTIVE ACTION**
SUBSTANCE ABUSE
EATING DISORDER
DELIBERATE SELF-HARM
SUICIDAL ACTIONS

**DESTRUCTIVE ACTION**
AGGRESSION
VIOLENCE
RAGES

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

• Physical

• Mental

Grounding Exercises
### Self - Soothing

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</tr>
<tr>
<td><strong>Night Time</strong></td>
<td></td>
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</tbody>
</table>

**Relaxation Exercise**
Developing Boundaries

Healing Trauma
Session 4
Healthy Relationships
Table of Contents
Session 4

- Grounding Exercise, Check-In and Review of Last Session
- Defining a Healthy Relationship & the Relationship Wheel
- Aspects of a Healthy Relationship
- The Relationship Wheel & the Power & Control Wheel
- Activity: The Relationship Wheel
- What is Love?
- Reflection and Grounding Exercise
Respect, Mutuality, Compassion

Respect

Respect is the appreciation of someone’s values and it begins to happen when we see their integrity. We often earn respect when we are willing to do the right thing or take the “right action,” particularly when the choice is difficult.

Mutuality

Mutuality means there is an equal investment in the relationship. Each person has a willingness and desire to see the other, as well as being seen; to hear the other, as well as being heard; and to be vulnerable, as well as respecting the other’s vulnerability. Mutuality also means that there is an awareness of the “we,” not a sole focus on two “I”s.
Respect, Mutuality, Compassion

Compassion

Compassion is similar to empathy but it occurs on a deeper level. Empathy is understanding another’s feeling and being able to feel with them. Compassion means that we go a step further and join with them in their struggle or pain. When we are compassionate we lend ourselves to another’s process – we give of ourselves in order to be with them emotionally.

Aspects of 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)
Wheel of Love

Healing Trauma
Session 5
Love, Endings &
Certificates
Table of Contents
Session 5

• Grounding Exercise, Check-In and Review of Last Session
• Bringing Ourselves to Relationships
• Love Collage
• How to End a Relationship
• Appreciation Activity
• Upward Spiral of Healing
• Goal Sheets and Evaluations
• Certificates of Completion

Bringing Ourselves to Relationships

• Do you remember what you were like before the abuse?
• Do you want to find that person again?
• If so, what qualities do you need to find or develop in yourself?
• If not, what kind of person do you want to be? What qualities do you need to find or develop in yourself?
• What makes you feel safe?
Bringing Ourselves to Relationships (cont.)

- What brings you joy?
- What kinds of relationships do you want to have with others from now on?
- What do you want to offer or give in those relationships?
- How do you want to be and feel in your relationships?
- What qualities do you bring to relationships?

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Love Collage

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Endings

Appreciation

• What I appreciate about the other women in the group.

• What I appreciate about the group.
Transformation

Trauma (constriction)  Healing (expansion)

Contact Information

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