

An Introduction to Trauma Issues for Women in Short-Term Programs

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While it is difficult to do any in-depth trauma recovery work as part of short stay programs such as shelters, battered women's short-stay residential units, crisis facilities, inpatient psychiatric/detoxification units, or brief addictions programs, it seems imperative that a basic introduction to trauma issues be available since many of the women who spend time in these programs have trauma issues.

This 4-session curriculum is designed to introduce women to important connections between a history of physical, sexual, and/or emotional abuse and current difficulties and symptoms. It helps women assess their need for longer-term recovery work and identify community resources for doing trauma recovery work in an outpatient setting. Each session includes questions to prompt discussion, an experiential exercise, and an accompanying handout to take with them.

This 4 session manual is available for purchase at www.communityconnectionsdc.org on the publications page on our website.

Also, Community Connections' trainers are available for consultation to train clinical staff to use this model and other manualized interventions we developed for working with women, men, and adolescent trauma survivors.

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