



24 Session Version of TREM

1. Introductory/ What It Means to Be a Woman (Topics 1 and 2)
2. What Do You Know and How Do You Feel About Your Body? (Topic 3)
3. Physical Boundaries (Topic 4)
- ④ Emotional Boundaries (Topic 5)
5. Self-Esteem (Topic 6)
- ⑥ Self Soothing (Topic 7)
7. Intimacy and Trust (Topic 8)
- ⑧ Gaining an Understanding of Trauma (Topic 12)
9. The Body Remember What the Mind Forgets (Topic 13)
10. What is Physical Abuse? (Topic 14)
11. What is Sexual Abuse? (Topic 15)
12. Physical Safety (Topic 16)
13. What is Emotional Abuse? (Topic 17)
14. Abuse and Psychological or Emotional Symptoms (Topic 19)
15. Trauma and Addictive or Compulsive Behavior (Topic 20)
16. Family Life: Current (Topic 23)
17. Decision Making: Trusting Your Judgement (Topic 24)
18. Communication: Making Yourself Understood (Topic 25)
19. Self Destructive Behaviors (Topic 26)
20. Blame, Acceptance, and Forgiveness (Topic 27)
21. Feeling Out of Control (Topic 28)
22. Combine Female Sexuality (Topic 9) with Sex with a Partner (Topic 10)
23. Combine Abuse & Relationships (Part 2, Topic 21) with Relationships (Part 3, Topic 29)
24. Truths and Myths About Abuse (Topic 31)



Notes:

If you do the 24-session version (instead of the 33 session version) you will be deleting 6 topics and on 3 occasions you will be combining 2 topics. The six topics to be deleted are:

- Transition Session (Topic 11)
- Institutional Abuse (Topic 18)
- Family - Myths and Distortions (Topic 22)
- Personal Healing (Topic 30)
- What It Means To Be A Woman (Topic 32)
- Closing Ritual (Topic 33)

The topics to be merged are:

- Introductory Session (Topic 1) with What It Means to Be a Woman (Topic 2)
- Female Sexuality (Topic 9) with Sex with a Partner (Topic 10)
- Abuse & Relationships (Part 2, Topic 21) with Relationships (Part 3, Topic 29)

Open Group:

If a member joins you after the start of the group and has missed Emotional Boundaries (#4, Topic 5), Self Soothing (#6, Topic 7), or Gaining an Understanding of Trauma (#8, Topic 12), have her do those sessions in *Healing the Trauma of Abuse* (the self help workbook).

If a member joins you after the start of the group and you are on Sessions 11 thru 14 (in the 24 session list), have her wait until Session 15 to begin.

Never have a member join the group if you are on Session 22, 23, or 24. Have her wait until Session 1.



Community Connections

Topic 1 Introductory Session and Topic 2 What It Means To Be A Woman Combined

Welcome and Introductions> Co-Leader #1

- Thank you for participating in this group
- Introduce yourself, then go around the circle

Group Rules> Co-Leader #2

- Confidentiality and exceptions to confidentiality (leaders are mandated reporters)
- Safety and respect (please turn off your cell phones)
- Attendance (come as often as you can)
- Punctuality (be on time if you can, but come in when you are late)

Group Structure> Co-Leader #1

- Will meet once per week for 6 months
- Each group is 75 minutes long
- Different topic each week
- Will tell you why we talk about this topic
- Ask you 3 or 4 discussion questions
- Do an exercise before we end the group

About the Group> Co-Leader #2

- Group has 4 parts
- First part is Empowerment
- Want to build women up
- Teach women about their bodies, what boundaries are, how to set boundaries, how to soothe themselves
- Women have experienced physical, sexual, and/or emotional abuse but don't know how it has affected them
- Group gives you information so you can understand trauma's impact

Principles of the Group> Co-Leader #1

- Group where you can contribute if you want to but don't have to answer the questions
- Don't believe you have to tell your trauma story if you don't want to, you can recover without telling your story
- If you do tell your story, we encourage you to do it in a slow, well-timed way
- What is said in the group stays in the group
- Leaders will make reminder calls the day before group and tell you the next day's topic

Rationale for Topic 2

- paraphrase the Rationale for Topic 2: What is Means to Be a Woman

Questions

- use all 3 questions listed in Topic 2

Exercise

- do the name tag exercise listed in Topic 1

New Rationale:

Many women's first sexual experience was under someone else's control. Sex for them may continue to be under someone else's control and wishes. The first half of this session will give the women an opportunity to talk openly about their sexual experiences and how difficult sexual experiences have caused them to shy away from sex. The women will learn that it is their choice whether they want to have a sexual relationship with a partner or choose to satisfy their sexual needs themselves.

The second part of this session will help to empower women to understand their needs and desires in sexual situations. By understanding what it is they want out of a sexual situation and how they can ask for it, they are more likely to be able to take their sexual lives into their own control and be more sexually satisfied.

Use these questions:

- Topic 9
 - Q3: When did you begin to think of yourself as a sexual being?
 - Q4: Do you still think of yourself as a sexual being? If not, when did you stop and why?
 - Q5: What factors increase or decrease your sexual desire?

- Topic 10
 - Q1: What attracts you to another person? How do you determine whether or not someone is sexually attracted to you?
 - Q2: How do you and your partner communicate about sex ?
 - Q5: Are there things that might interfere with having a sexual partner?

Use this exercise:

What would you want someone to know about you before you agreed to have sex ? What would you want to know about the other person? How many of your personal criteria were met in your last sexual encounter? Each woman should make a list of her personal need-to-know criteria. (Exercise from Topic 10, see pages 75 and 79)



Topic 21: Abuse and Relationships **and Topic 29: Relationships Combined**

New Rationale:

"Today we want to talk about relationships. Most women who come into TREM groups tell us that having a healthy and positive relationship seems out of their reach, but something they desperately want to have in order to see themselves on their way to recovery. We know that many of you have had very bad experiences in relationships. Many of you have experienced a lot of abuse by partners. But we also know that many of you believe that being in a relationship tells you that you are worth something and that you are loveable. So sometimes you are willing to be in a relationship even if it is abusive. Today we want to define what the abusive aspects of a relationship are and to talk about how to ease into a relationship. Sometimes we want to take things slow so we can test the waters and find out if this partner can be trusted. How does that sound?"

Use these questions:

- Topic 21
 - Q1. What constitutes a healthy relationship? What constitutes an unhealthy relationship?
 - Q2. What part do manipulation, intimidation, aggression, and domination play in your current relationships? Give an example of the following in a current relationship: (a) Manipulation (b) Intimidation (c) Aggression (d) Domination.
 - Q3. What are the normal ups and downs that characterizes any healthy relationship? How can you tell if you are settling for more strife and heartache than you need to?
- Topic 29
 - Q2. What characterizes the stages of a relationship?
 - Q4. What behaviors, attitudes, or circumstances ruin or prohibit relationships?

Use this exercise:

Make a list of the things you absolutely will not tolerate in a relationship. Is this list different from a year ago? Ten years ago?
(Exercise 2, from Topic 29, page 200)

