



Trauma Recovery and Empowerment Model (TREM) and Men's Trauma Recovery and Empowerment Model (M-TREM) Training

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The Trauma Recovery and Empowerment Model (TREM) and the Men's Trauma Recovery and Empowerment Model (M-TREM) are gender-based trauma models designed to address issues of sexual, physical, and emotional abuse in the lives of women and men who have been economically and socially marginalized and for whom traditional recovery work has been unavailable or ineffective. The model was developed by clinicians at Community Connections in Washington, D.C. with considerable input from consumers. TREM/M-TREM uses a psycho-educational focus and skill-building approach, emphasizes survivor empowerment and peer support and teaches women techniques for self-soothing, boundary maintenance and current problem solving. The men's model focuses more strongly on helping the men to develop an emotional and relational vocabulary.

1. Participants will learn the core assumptions, which provide the foundation for the TREM and M-TREM approach to trauma recovery work.
2. Participants will learn specific leader techniques used in the TREM/M-TREM model.
3. Participants will practice running a TREM/M-TREM group by being a TREM/M-TREM mock group leader and a TRE TREM/M-TREM mock group participant.
4. Participants will understand the differences in trauma recovery for women and men.
5. Participants will learn how and when to use grounding techniques with consumers in group.