

## **M-TREM**

### **Trauma Recovery and Empowerment**

*(Weekly Therapy Group for Men)*

#### Trauma

Violence is often considered acceptable in a man's life. However, primary violence/trauma is a life stressor that may trigger substance use and the development of psychiatric symptoms. Substance use and certain psychiatric symptoms may have evolved as coping strategies at the time, but now may be the source of one's life problems.

#### Trauma Recovery and Empowerment

M-TREM adopts an explicitly psycho-educational and skill-oriented approach to recovery work. The connections between one's history and current skill deficits are described, alternative responses are explored, and exercises are used to practice new behaviors.

**Have you experienced violence/trauma in your past?**

- Natural disasters
- Fires, explosions, & accidents
- Physical or sexual assault
- Combat & war zone exposure
- Captivity or life-threatening illness
- Sudden or violent loss of a loved one, or some one close to you

**If you answered yes to any, our M-TREM therapy group for men would help you.**



## What is expected from you?

- Commit to weekly groups for approximately eighteen months.
- A Commitment to personal and relational health.
- A closed confidential group of 10-15 men.
- An openness to learn from others.
- An unexpected realization others have similar struggles, and “I am NOT alone”.
- Psycho-educational topics including
  - Trust, Anger
  - Fear
  - Intimacy and Sex
  - Sexual Abuse Survivors
  - Emotional/ Addictive Behaviors
  - Acceptance & Letting Go
  - Building Healthy Relationships
  - Managing Feeling Out of Control

## Core Values

**Safety:** Freedom to express yourself without fear of judgment or consequences.

**Trustworthiness:** Reliability, honesty, and respect for boundaries.

**Choice:** Supporting individuals in making their own decisions.

**Collaboration:** Working together, valuing diverse experiences and insights.

**Empowerment:** Building skills and supporting individuals' control over their lives.

### **Talk To Us:**

Sanilac County  
Community Mental Health  
227 E. Sanilac  
Sandusky, MI 48471

☎ 810-648-0330 Assistance 24/7  
🌐 [www.sanilacmh.org](http://www.sanilacmh.org)  
📘 [facebook.com/sanilacmh](https://facebook.com/sanilacmh)