

TREM

Trauma Recovery and Empowerment

(Weekly Therapy Group for Women)

Trauma

Women often experience trauma in their life and then go through life trying to pretend it never happened or believing they need to keep the “secret”. What we are learning is trauma can develop into and trigger substance use disorders, psychiatric symptoms, and physical symptoms. Often, these disorders and symptoms, which we now find troublesome, were once a coping skill.

Trauma Recovery and Empowerment

Through Trauma Recovery and Empowerment, women will engage in a group intervention which addresses recovery from the impact of sexual, physical, and emotional abuse in a setting that emphasizes empowerment and skill building.

Have you Experienced or Witnessed a Trauma in your life?

- Physical Assault
- Assault with a weapon
- Sexual Assault
- Unwanted/uncomfortable sexual experience
- Emotional Assault
- Verbal Assault

If you answered yes to any, our TREM therapy group for women would help you.



What is expected from you?

- Commit to weekly groups for approximately ten months.
- Appropriate participation: It's OK if you're not comfortable sharing your story. You don't have to, however, we ask that you show others respect and participate in effective listening.
- An openness to hear from others without judgement.
- Maintain confidentiality
- Be open to learn from topics including but not limited to:
 - Womanhood
 - Boundaries: Physical & Emotional
 - Self-Esteem & Self-Soothing
 - Intimacy, Trust, & Relationships
 - Understanding Trauma & Abuse
 - Trauma's Role in Addictive Behaviors
 - Decision-Making & Communication
 - Blame, Acceptance, & Forgiveness
 - Personal Healing

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.sanilaccmh.org
📘 facebook.com/sanilaccmh