

TRAUMA, RECOVERY AND EMPOWERMENT MODEL (W-TREM & M-TREM)

What is Trauma, Recovery & Empowerment Model?

Women's TREM and Men's TREM groups for trauma recovery and empowerment. Are evidence-based groups designed to help individuals heal from the impact that trauma can have on their lives. The groups are led by experienced facilitators who use a combination of learning approaches to help participants on their healing journey. One of the key components of these groups is peer support, as we recognize the importance of individuals feeling heard and understood by others who have had similar experiences. By joining Women's TREM or Men's TREM, participants will have a safe and supportive space to process their trauma and work towards empowerment and healing.



WOMEN'S TREM

Trauma Recovery and Empowerment Model for Women (W-TREM) Is a group-based way to help trauma healing among women. It is for women who have had sexual and physical abuse. This form of help teaches people to learn how to think better. It teaches them to see their emotions well. It also teaches people new skills to help with their healing. The women-only 24- to 29-session group stresses improving coping skills and social support. It touches on short-term and long-term things that can happen when something terrible happens to someone. Something that can occur includes mental health symptoms.

It mainly focuses on:

- Posttraumatic stress disorder (PTSD)
- Depression
- Substance abuse



MENS TREM

The Trauma Recovery and Empowerment Model for Men (M-TREM) is also a group-based way to help heal trauma for men. M-TREM has 24 topics, sorted into three men-specific categories:

- "Male Myths, Emotions, and Relationships,"
- "Trauma Recovery,"
- "Recovery Skills"



TO LEARN MORE:



Talk about whether TREM is right for you with your current treatment provider. For more information about accessing services or to speak to a crisis worker, please call our 24/7 switchboard at 989-463-4971 or 800-600-5583.

