

THE SAFE PROJECT

BRIEF OVERVIEW OF TREM/FAQ

WHAT DOES TREM STAND FOR?

Trauma Recovery Empowerment Model

HOW LONG IS THE GROUP?

Each group is 60 minutes long and there are 24 groups that meet weekly for about 6 months.

WHAT WILL WE TALK ABOUT IN GROUP?

The groups are divided into three parts that include information about empowerment, trauma recover, self esteem, relationships, abuse and recovery.

WHAT WILL GROUP BE LIKE?

We will spend the first part of group talking about the topic of the day and then we will do an activity (art, craft, meditation, etc.) at the end of each meeting.

DO I HAVE TO SHARE MY STORY OR DETAILS ABOUT MY PAST?

No. TREM focuses on building skills and making connections between current and past experiences by providing you information. You will not be asked to share details about your life or forced to participate. We want everyone to feel safe and trusted while in group. If you feel like you need to share your story we can help you find a safe space to do this.

WHAT HAPPENS IF I MISS A GROUP?

We expect that women will miss group from time to time. If you would like, you can meet with a group facilitator to review the content and activity for the group that you missed.

WHAT KIND OF TRAINING DO THE PEOPLE DOING GROUP HAVE?

All of the facilitators have completed training to provide these groups. Each group is facilitated by at least one certified Advocate. We hope after complete the groups that some of you will be interested in assisting in the groups as peer support in the future.

WHAT HAPPENS IF I COME AND I DON'T LIKE IT?

You can stop coming at any time. We would like you to let us and the group know you are leaving so we are not worried about you.

WILL THERE BE NEW PEOPLE JOINING EVERY WEEK?

No. We invite people to try out the group for 4 meetings. After the 4th meeting we “close” the group. If someone is interested in group after the 4th meeting we will have them wait until another group starts.

IS THE STUFF WE TALK ABOUT KEPT PRIVATE?

Yes. All information provided to the group facilitators is confidential. Advocates have privilege in Oregon which means that we cannot be subpoenaed or questioned about any particular client without that client's written, informed, time-limited, signed release of information. We also request that all information about individuals in group be kept confidential and all group members will need to agree to this.

Mission Statement:

The mission of The SAFE Project is to create a society where domestic violence and sexual assault are not tolerated; to promote a culture that respects, supports, and empowers survivors while holding abusers accountable.

WEEKLY TREM TOPICS

24 SESSION VERSION OF TREM

PART I – EMPOWERMENT

1. INTRODUCTION/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)

PART II – TRAUMA RECOVERY

8. GAINING AN UNDERSTANDING OF TRAUMA (TOPIC 12)
9. THE BODY REMEMBERS 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)

PART III – ADVANCED TRAUMA RECOVERY

16. FAMILY LIFE: CURRENT (TOPIC 23)
17. DECISION MAKING: TRUSTING YOUR JUDGMENT (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. FEMALE SEXUALITY, SEX WITH A PARTNER (TOPICS 9 AND 10)
23. ABUSE & RELATIONSHIPS (TOPIC 21- PART 2 AND TOPIC 29 - PART 3)
24. TRUTHS AND MYTHS ABOUT ABUSE AND CLOSING RITUAL (TOPIC 31)

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