

# **The Triad Group Model: A Guide for Integrated Trauma Recovery**

## Description:

This is a step-by step guide for group facilitators to assist women in their recovery from violence, trauma, substance abuse and mental health problems. The goals of the group are to maintain safety, promote skill building, maintain recovery and prevent relapse, build on a woman's strengths, build social supports, and enhance group members' capacity to cope with distress. The group is interactive with an emphasis on members learning from each other. Facilitators elicit information from members in a structured way that illustrates and clarifies recovery issues.

The guide outlines each session and includes a rationale, goals, questions with typical responses, exercises, and supplies needed. A member workbook accompanies the guide and includes handouts for participants that highlight key group concepts and forms for group exercises.

After an introduction, the group is organized into four phases with four weekly sessions in each phase. Weekly topics are as follows:

### Phase I: Mindfulness

- Empowerment-Building Safety
- Mind, Body, and Emotions
- How Mind and Body Work Together
- What It Means to Be a Female

### Phase II: Interpersonal Effectiveness Skills

- Assertive Communication
- Trust and Intimacy
- Boundaries
- Social Support

### Phase III: Emotional Regulation

- Controlling Cravings and Urges
- Self-Esteem
- Self-Soothing
- Acceptance and Healing

### Phase IV: Distress Tolerance

- Problem Solving
- Dealing with Violence
- Crisis Management and Recovery
- Relapse and Recovery

**If you are interested in receiving a copy of the manual please email your full mailing address to Dr. Colleen Clark  
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