



National Council for Behavioral Health

Gender Matters: Why Gender- Responsive Services are Essential to Trauma-Informed Approaches

July 14, 2014

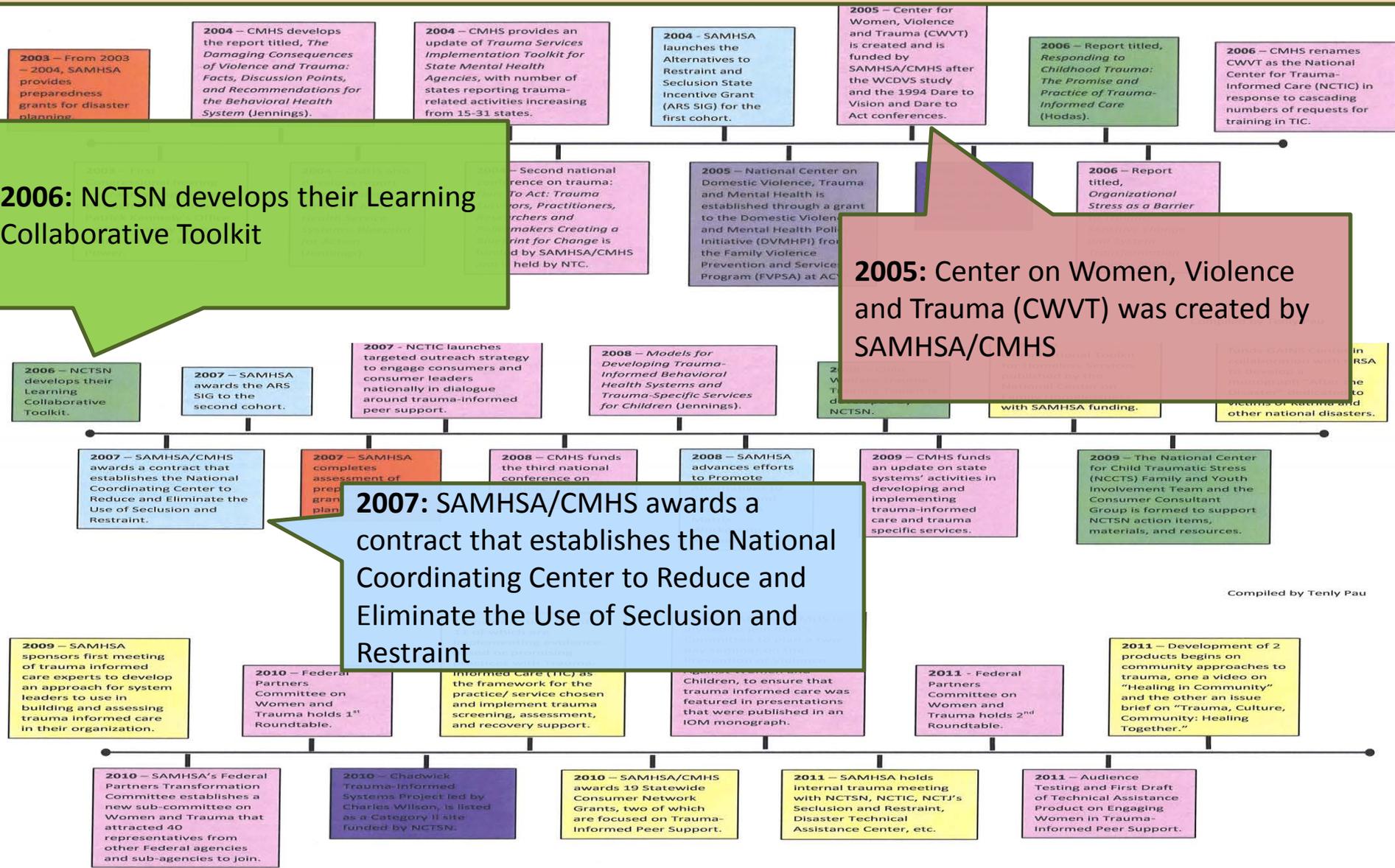


Cheryl S. Sharp, MSW, is the Senior Advisor for Trauma-Informed Care for the National Council for Behavioral Health. She has served as faculty lead for the National Council's 2011, 2012, 2013 2014 Adoption of Trauma-Informed Approaches Learning

Communities as well as other statewide and local learning communities. She holds the unique perspective of a person with lived experience both as a family member and as an ex-consumer of services as well as a provider of services.

- SAMHSA's Strategic Initiative – Trauma and Justice
- Gender and Trauma and the OSA
- Gender and Trauma Theory
- Gender Responsive Practices

TIMELINE: THE EVOLUTION OF TRAUMA-INFORMED CARE



2006: NCTSN develops their Learning Collaborative Toolkit

2005: Center on Women, Violence and Trauma (CWVT) was created by SAMHSA/CMHS

2007: SAMHSA/CMHS awards a contract that establishes the National Coordinating Center to Reduce and Eliminate the Use of Seclusion and Restraint

Compiled by Tenty Pau

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- The gender roles for men and women has evolved in the U.S.
- With evolution has come greater recognition of gender variance.
 - ✓ Not everyone identifies with the “male v. female” construct.
 - ✓ Alternative gender identification does not decrease or eliminate the an individual's experience of trauma.
- Acknowledgement of gender variance does not limit the power of the binary gender system.





1. While progress has been made in the understanding of trauma, there remains a myth that trauma is not a major issue for males.
2. Trauma is a significant issue for males with substance and/or process addictive disorders.
3. Males are biologically and culturally influenced to minimize or deny traumatic life experiences.
4. Addiction treatment has been negatively influenced by cultural myths about males.

5. Males are often assumed to be the perpetrator, which has negatively biased our concepts of trauma and models for addiction treatment, and often results in the re-traumatization of males.
6. Male trauma must be assessed and treated throughout the continuum of addiction services.
7. Male-responsive services will improve addiction treatment outcomes.
8. Effective treatment of male trauma will help to interrupt cycles of violence, abuse, neglect, and addiction.



Domain 1: Early Screening & Comprehensive Assessment of Trauma

Domain 2: Consumer Driven Care & Services

Domain 3: Trauma-Informed, Educated & Responsive Workforce

Domain 4: Trauma-Informed, Evidence-Based and Emerging Best Practices

Domain 5: Safe & Secure Environment

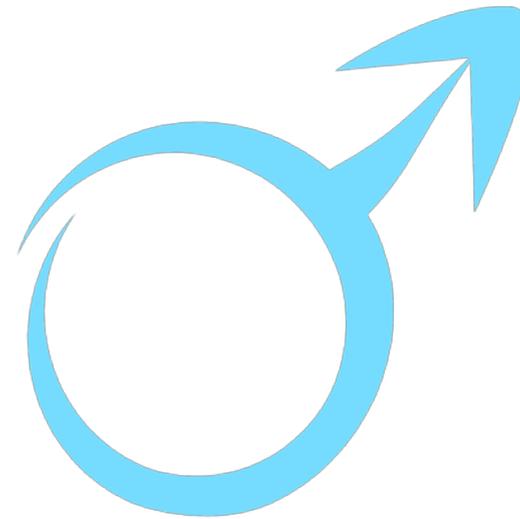
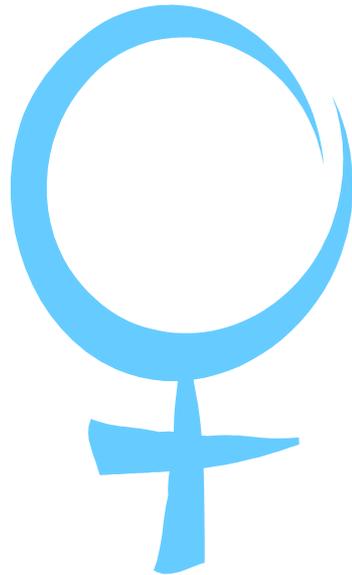
Domain 6: Community Outreach & Partnership Building

Domain 7: Ongoing Performance Improvement & Evaluation



Dan Griffin, M.A. has worked in the mental health and addictions field for almost two decades. His newest book, *A Man's Way Through Relationships* is the first trauma-informed book focused solely on helping men navigate the challenges of creating healthy and intimate relationships. He is author of *A Man's Way Through the Twelve Steps* (Hazelden), and co-author of *Helping Men Recover*, the first trauma-informed curriculum to deal with men's unique issues and needs. He has been in recovery for alcohol and other drugs since May, 1994.





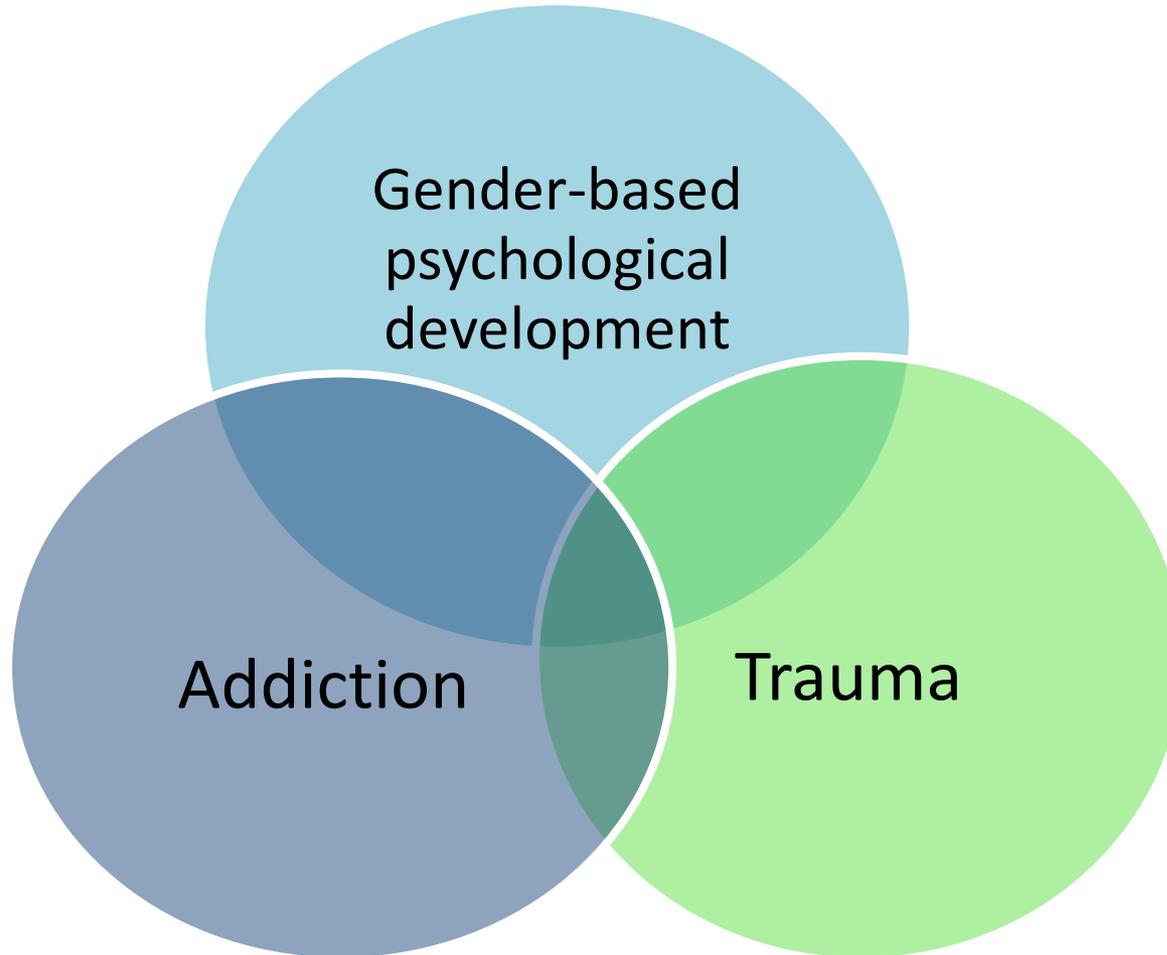
Gender is a social construct that many people find far too limiting when approached as a binary. To name some:

- Trans-gender
- Agender
- Gender non-conforming
- Gender questioning
- Intersex

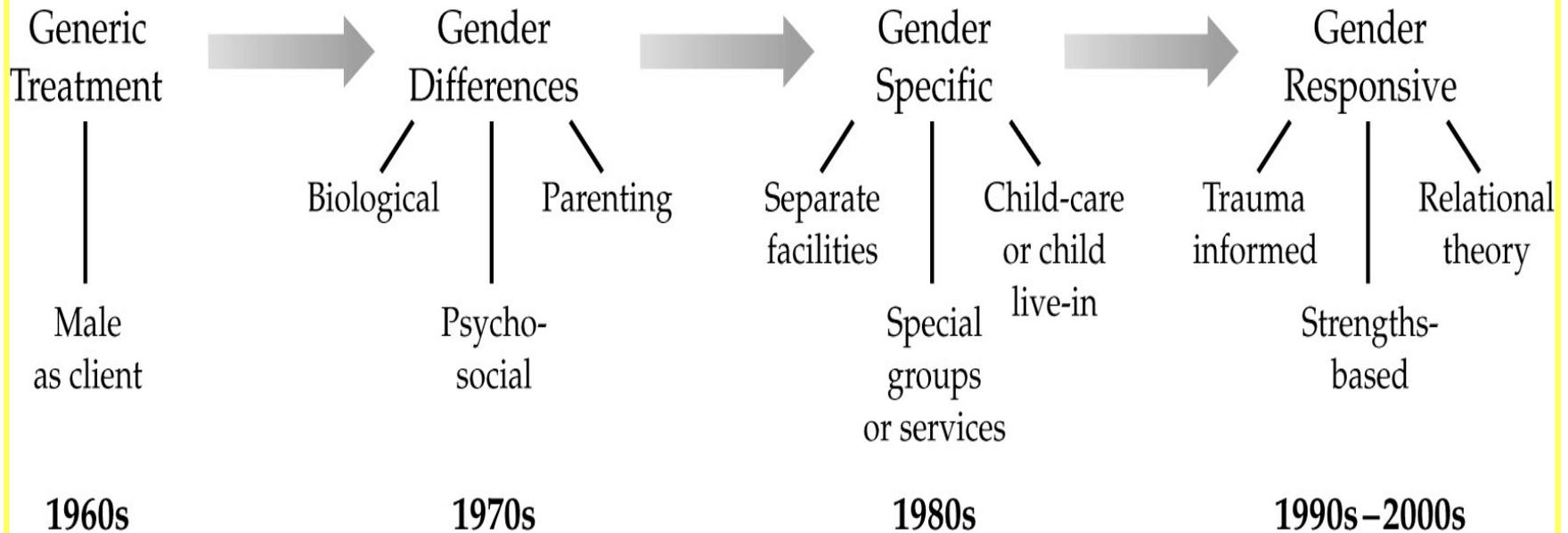
This model is holistic, integrated and based on:

- The gender-responsive definition and guiding principles
- A theoretical foundation
- Interventions/strategies that are multi-dimensional

(From Covington, 2007)



Evolving Treatment Approaches



From "Generic to Gender-Responsive Treatment: Changes in Social Policies, Treatment Services, and Outcomes for Women in Substance Abuse Treatment," by C. E. Grella, 2008. Copyright 2008 by Christine E. Grella. In Journal of Psychoactive Drugs, November 2008, (SARC Suppl. 5).

- Creating an environment through:
 - ✓ site selection
 - ✓ staff selection
 - ✓ program development
 - ✓ content and material
- That reflects an understanding of the realities of women/men and girls/boys, and
- Addresses and responds to their strengths and challenges

Relational-Cultural Theory

Response to male-centric psychology that over-emphasized individuation and separation as key elements in male development and growth

Central Tenets of RCT

- All humans yearn for connection
- All growth occurs in connection – through and towards relationships
- Relational competence allows for connection

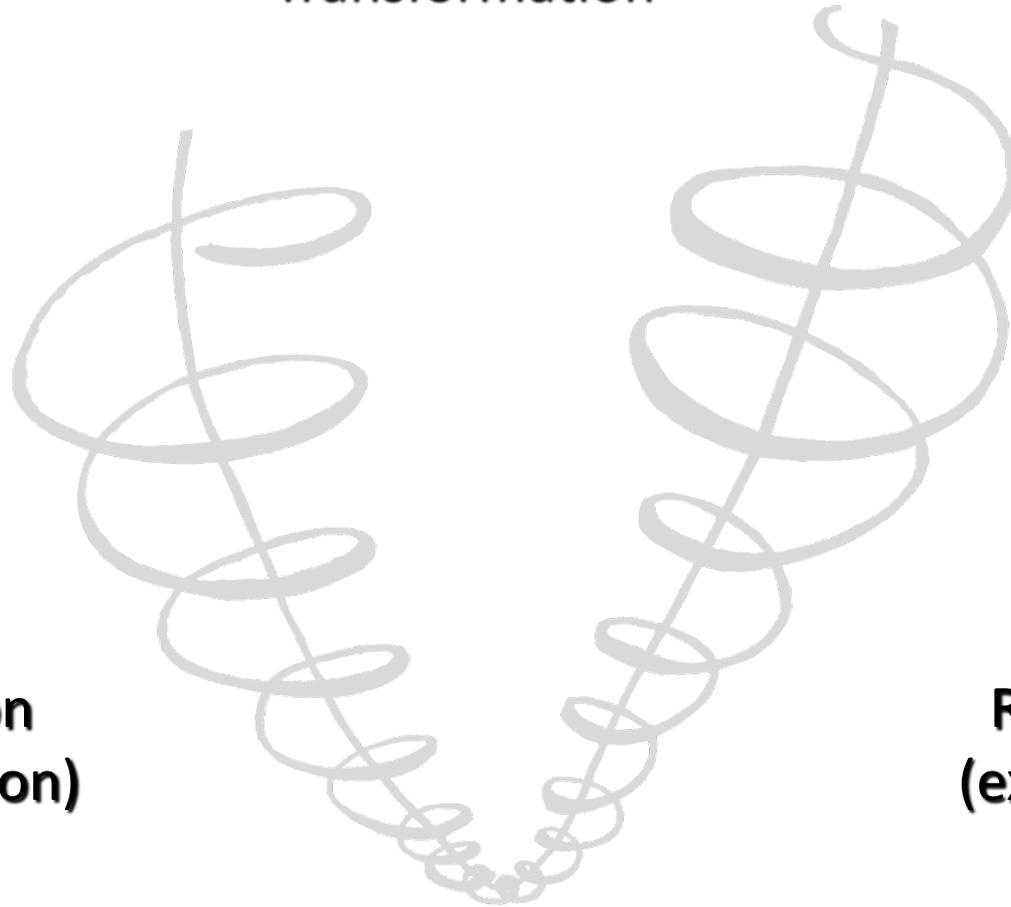
- Connection and development
- Disconnection
- Socio-cultural disconnection
- Privilege and domination

Dr. Stephen Bergman

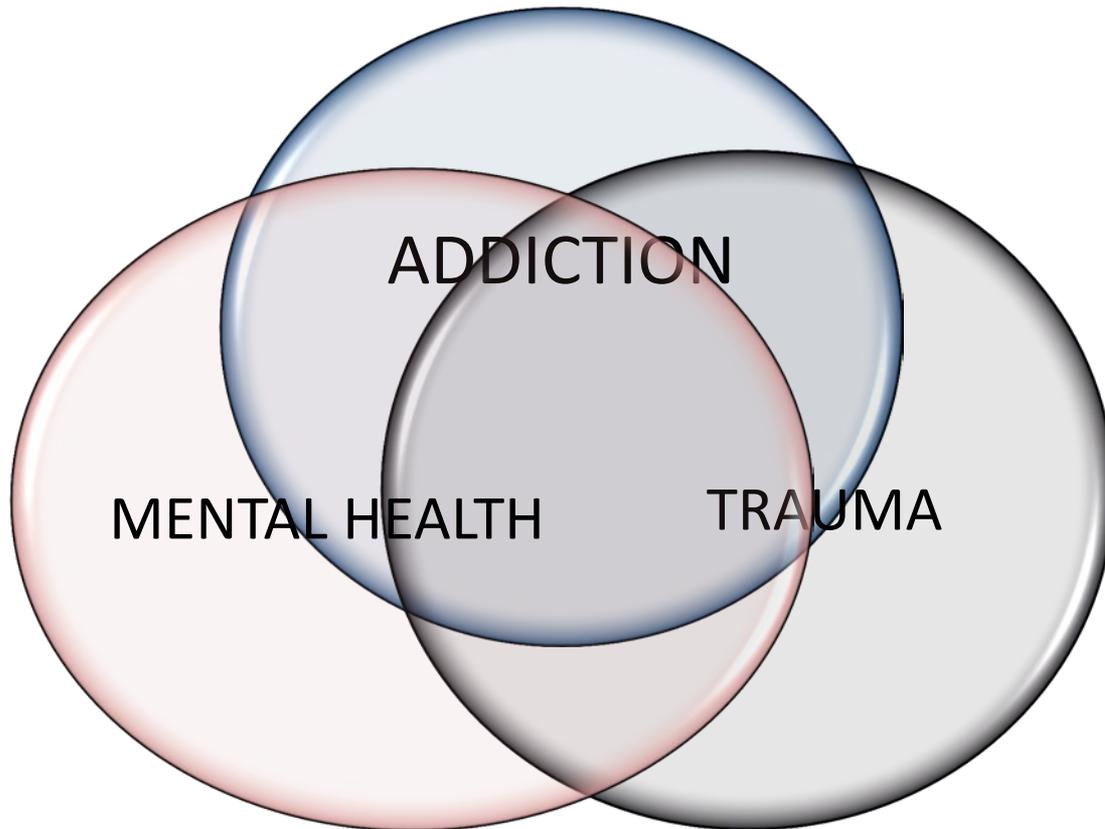
- Self in Relation vs. Individuated Self
- Male relational dread
- Agents of disconnection
- Power dynamics

Transformation

**Addiction
(constriction)**

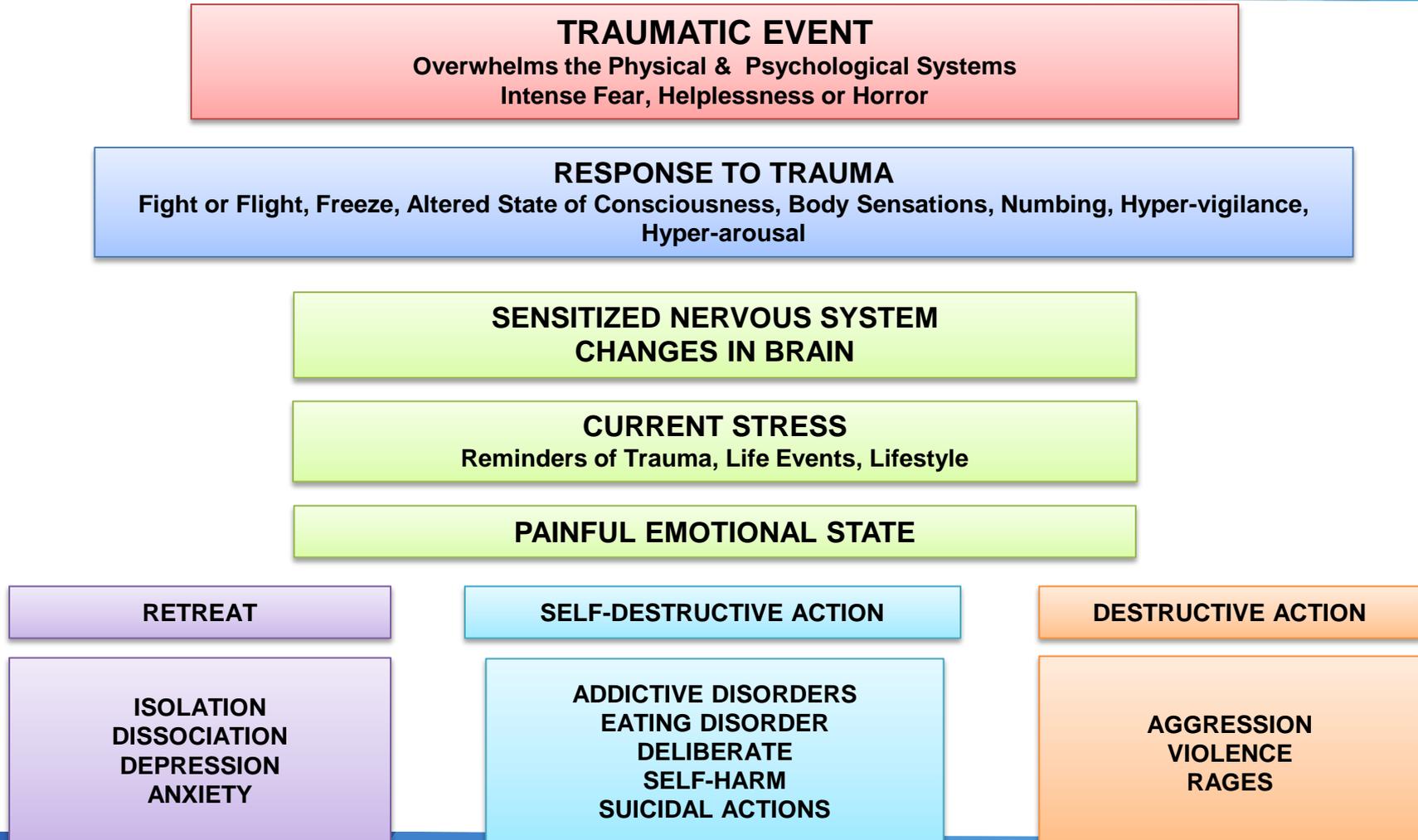


**Recovery
(expansion)**



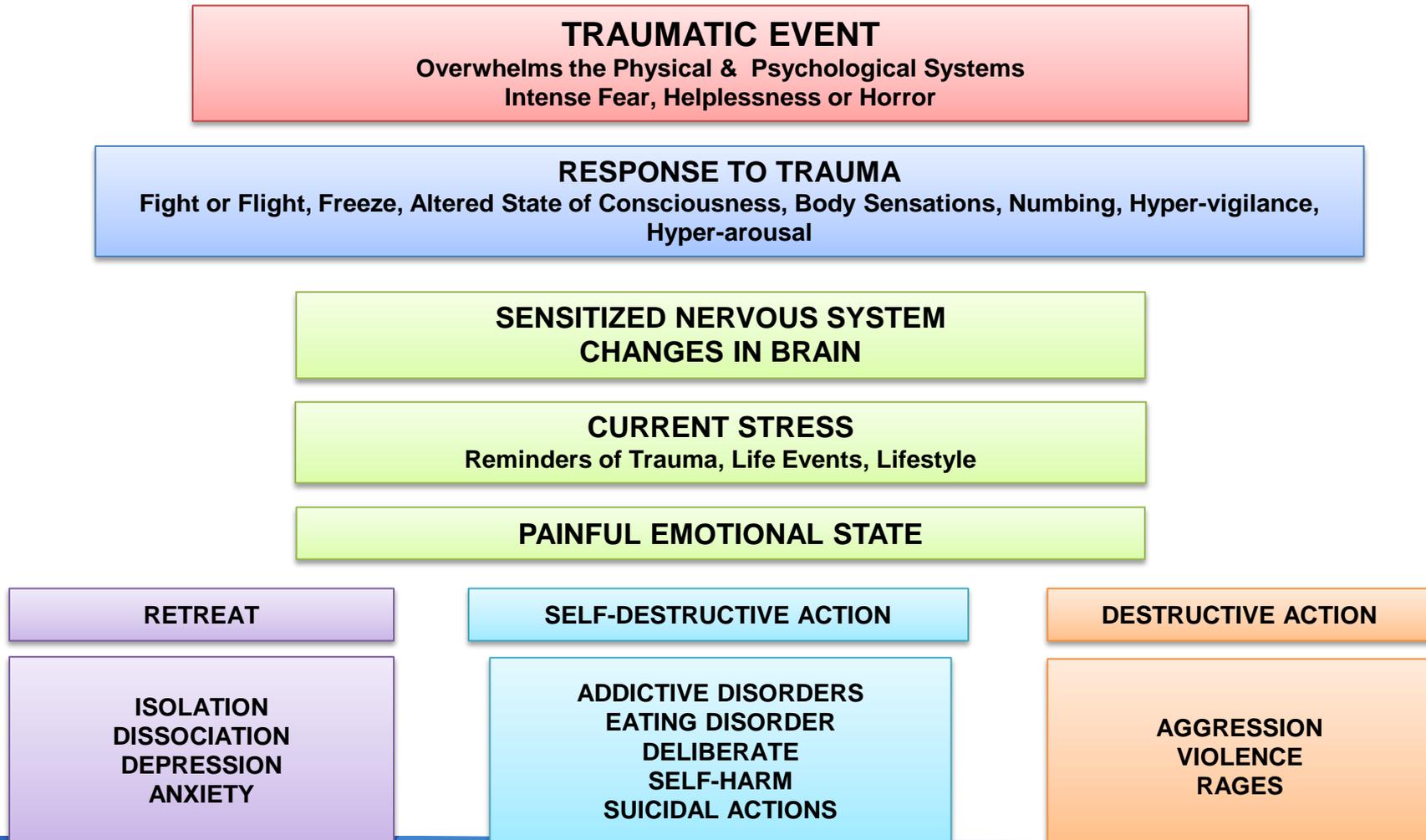
Theory of Trauma

*We are a traumatized field,
working with traumatized clients,
sending them to traumatized
recovery communities.*



- A gender-informed framework
- A fundamental belief that trauma is pervasive in women AND men's lives and there are gender differences in:
 - ✓ How we experience trauma
 - ✓ How we respond to trauma
 - ✓ How we exhibit the symptoms of trauma-based disorders
 - ✓ How we heal from trauma

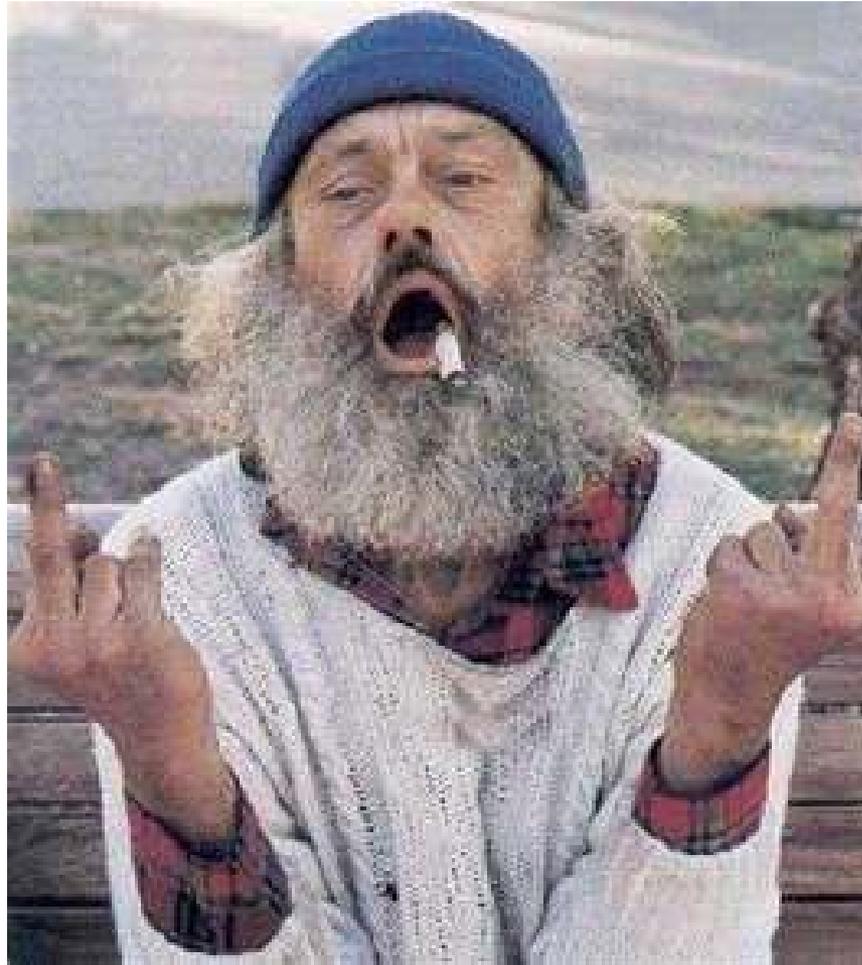
THERE IS
NO
GENDER NEUTRAL



Who is your least favorite (or favorite, if you are a masochist) female client to work with?

- Borderline Personality Disorder
- ✓ Clinical features also common in the diagnosis of complex PTSD
- ✓ Challenging the diagnosis

What diagnosis for men would most likely mimic/mask the symptoms of complex PTSD?



ANTI-SOCIAL PERSONALITY DISORDER

- Self
- Relationships
- Sexuality
- Spirituality

Men

- Individuation of self
- Identity of “Not”
- IQ/Logical

Women

- Relational
- Identity of “Not Important”
- EQ/Emotional

Men

- Self-focused
- Perpetrator
- Competition
- Hierarchy
- Avoidance/"I can handle it on my own"

Women

- Other-focused
- Victim/
Codependent
- Collaborative
- Decentralized
- Communication

Men

- Sex
- Performance
- Conquest
- Confuse sex with love
- Homophobia
- Objectification

Women

- Love
- Intimacy
- Surrender
- Confuse love with sex
- Unrealistic ideal of beauty/sex appeal

Men

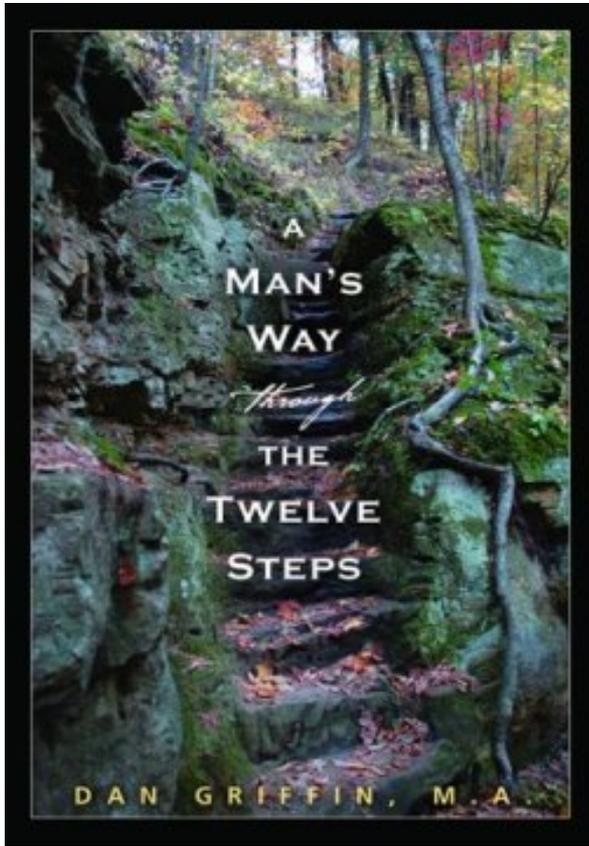
- Aloneness
- Religion – greater than
 - Privilege/ Entitlement
- Access: Grief

Women

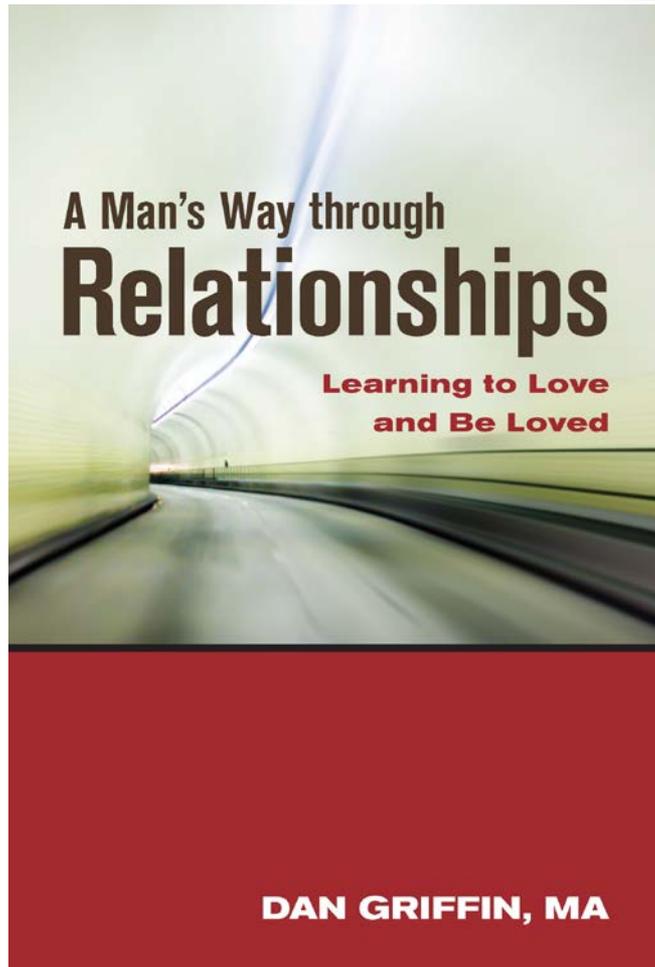
- Community
- Religion – less than
 - Subordination/ Marginalization
- Access: Anger

- CSAT TIP #56
- *Game Plan (CRP)*
- *Helping Men Recover – Facilitator Guide & Workbook (Jossey-Bass)*
- *A Man’s Way through Relationships: Learning to Love and Be Loved (CRP)*
- *A Man’s Way through the Twelve Steps (Hazelden)*
- *Touchstones: Meditations for Men (Hazelden)*

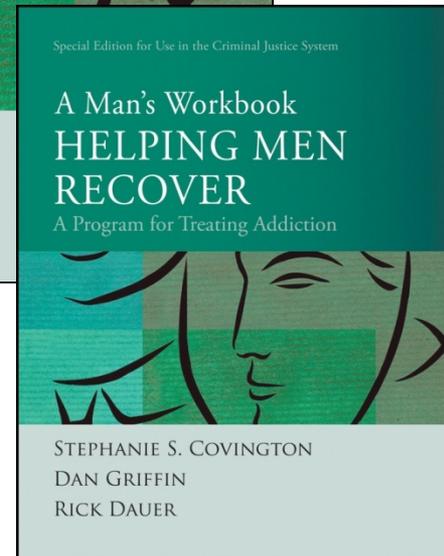
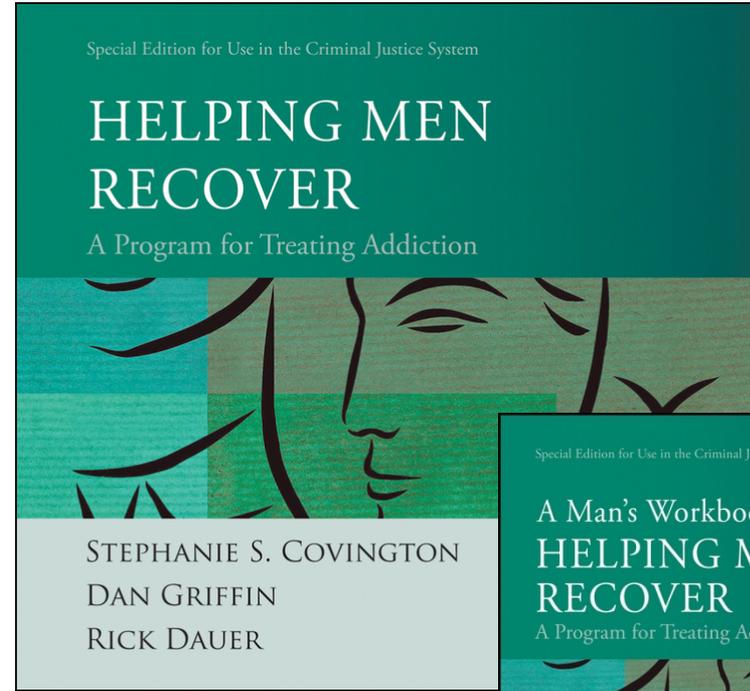
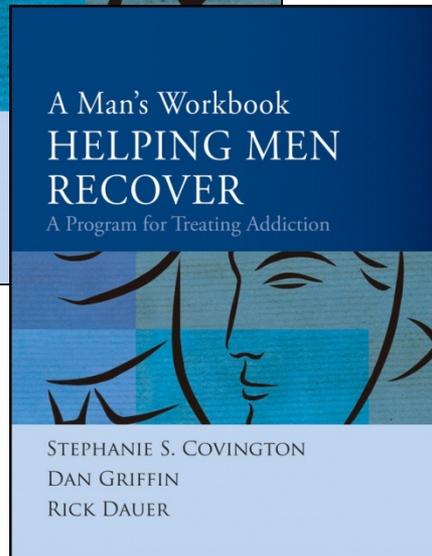
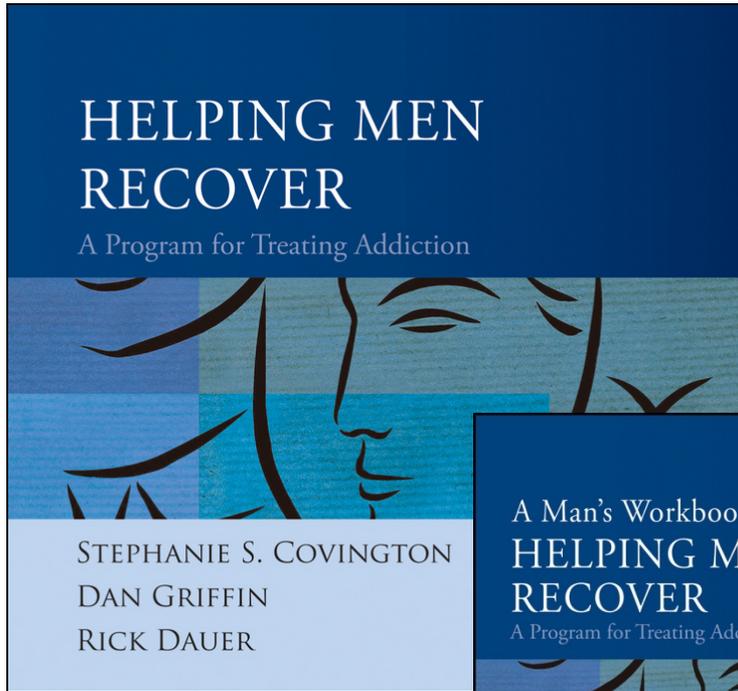
- *A Woman's Way through the Twelve Steps* (Covington, Hazelden) - Book & Workbook
- *A Woman's Guide to Recovery* (Illif, Hazelden)
- *Helping Women Recover Workbook* (Covington, Jossey-Bass)
- *Beyond Trauma Facilitator's Guide & Workbook* (Covington, Hazelden)
- *CSAT TIP 51*
- Numerous Curricula, Workbooks, and Meditation Books



- First gender-responsive and trauma-informed book for men in any twelve-step program focused on men's unique issues and needs
- **Core Issues**
 - ✓ Emotional Awareness, Relationships, Grief, Anger, Violence, Abuse, and Trauma



The first trauma-informed book focused solely on helping men in recovery create healthy relationships.





- The Foundations of Culturally Appropriate Integrated Services for LGBT Individuals Webinar - Wednesday, July 16, 2014

[Integrated Services for LGBT Individuals Webinar](#)

[Spark Action Blog](#)

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