

Evidenced-based practices (EBP) are a way to ensure that persons served are given the best treatment. They give the best chance of the greatest success to meet their individual person-centered needs. They are also a way for SCCMHA to be sure of the best use of limited resources through proven services and supports for persons with disabilities in Saginaw County. For more information about EBPs, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at (989) 272-7372, go to www.sccmha.org or scan the QR code below.



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

500 Hancock St. • Saginaw, Michigan 48602
989.797.3400 • Toll Free: 800.258.8678
Michigan Relay 711
www.sccmha.org

24-Hour Crisis Intervention Services
989.792.9732 • Toll Free: 800.233-0022



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Beyond Trauma: A Healing Journey for Women

An Evidence-Based Practice



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

What is Beyond Trauma?

Beyond Trauma: A Healing Journey for Women is an evidence-based group treatment for women who have had trauma in their lives. It is led by one or more women and holds 12 separate sessions.

Beyond Trauma uses:

- cognitive-behavioral methods
- mindfulness
- body-focused exercises
- expressive arts and
- principles of relational therapy

These treatments are used together in a strength-based approach, teaching women what trauma is, its process, and impact on

- The inner self (thoughts, beliefs and values)
- The outer self (behavior and relationships, including parenting)



Beyond Trauma Themes

- Safety
- Empowerment
- Connection
- Normal reactions
- Mind-body connection
- Substance use and misuse
- Woman-centered



Who is Beyond Trauma for?

Beyond Trauma groups are for women or nonbinary persons served who are 18 and over with a history of sexual, physical and/or emotional abuse.

Beyond Trauma Sessions

The sessions will cover the following topics:

- Introduction to the program
- The connections between violence, abuse and trauma
- Power and abuse
- The process of trauma and reactions to trauma
- How trauma affects our lives
- Abuse and the family
- The connection between trauma and addiction, spirals of recovery and healing
- Grounding and self-soothing
- The mind and the body connection
- Our feelings
- Healthy relationships
- Endings and beginnings

To learn more about Beyond Trauma and if it is right for you, discuss with your current treatment provider or contact SCCMHA at (989) 797-3400.