Trauma Recovery and Empowerment Model (TREM)

TARGET AUDIENCE
This program is for women who have experienced trauma and have mental disorders and/or problems with substance abuse.

SUMMARY
The Trauma Recovery and Empowerment Model (TREM), a community-based intervention, is designed to help participants develop and strengthen trauma healing skills, minimize mental health symptoms, and reduce or eliminate substance use.

EVIDENCE
One quasi-experimental study was located in which the full version of the TREM program was implemented in addition to treatment as usual with participants in mental health facilities. Significant differences were found at 12 months postbaseline (i.e., 4 months post-intervention) between TREM and treatment as usual participants in two of four main outcomes (i.e., differences were noted in alcohol problem severity and drug problem severity, but there were no differences noted in Post-Traumatic Stress Disorder symptom severity or global symptom severity) and in three of eight secondary outcomes. In addition, groups were of unequal sizes, and there were significant differences between groups in several variables at baseline.

COMPONENTS
TREM is specifically designed for women who have experienced physical, sexual, or emotional abuse and is led by females. The program intends to promote self-esteem, boundary setting, and decision-making skills and decrease anxiety, depression, Post-Traumatic Stress Disorder symptoms, and substance abuse. The program is delivered through manualized treatment to groups of 8 to 10 participants. The 3 main components of therapy include the following topics:

- Empowerment - Learn how to self-soothe and self-monitor; foster self-esteem; explore intimacy, trust, and female sexuality; and create safe emotional and physical borders;
- Trauma Education - Discuss sexual, physical, emotional, and institutional abuse; explore and reframe the connections between past abuse experiences and current difficulties; learn about trauma reactions and responses that specifically relate to women; and
- Skill building - Develop and strengthen problem-solving skills, communication styles, and decision-making strategies; manage out-of-control feelings; create safer relationships; and promote personal healing.

There is a Men's Trauma Recovery and Empowerment Model (M-TREM) program available; however, this program has not been placed on the Clearinghouse Continuum. For more information on M-TREM, please contact Dr. Roger D. Fallot by email rfallot@ccdc1.org

PREVIOUS USE
TREM was developed in the early 1990s, and more than 1,500 clinicians have been trained in this model in over 20 states.
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**TRAINING**

Sessions are led by two or three co-leaders who are not required to have a specific educational background. An optional 2-day, on- or off-site training is available and costs $4,000 to $10,000. Costs depend on number of participants and trainers and travel costs. For more information on training, please contact Lori Beyer by phone 1-202-608-4788 or email lbeyer@ccdc1.org.

**CONSIDERATIONS**

Considerations for implementing this program include securing a location to hold weekly sessions, understanding training could require funding, acquiring participant buy-in and commitment for the duration of the program, and obtaining program implementation materials.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

**IMPLEMENTATION**

If you are interested in implementing TREM, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

**TIME**

TREM consists of 75-minute sessions that are held weekly for 24 to 29 weeks.

**COST**

Program manuals cost $30 each. Additional materials, including books and DVDs, are available and range in price from $10 to $750. Please visit [http://www.communityconnectionsdc.org/training-and-store/store](http://www.communityconnectionsdc.org/training-and-store/store) for more information.

**EVALUATION PLAN**

To move TREM to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation with a strong study design should be performed demonstrating positive effects on all primary outcomes lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

**CONTACT**

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Rebecca Wolfson by phone 1-202-608-4735, fax 1-202-544-5365, email rwolfson@ccdc1.org, or visit [www.ccdc1.org/web/page/657/interior.html](http://www.ccdc1.org/web/page/657/interior.html).

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