

**T**RAUMA  
**A**DDICTIONS  
**M**ENTAL HEALTH  
**A**ND  
**R**ECOVERY

# **TREATMENT MANUAL**



Dr. Andrea Karfgin developed the TAMAR Treatment Manual for use with the TAMAR Program. Dr. Karfgin devised this manual drawing from her years of experience in working with women who are the victims of trauma as well as from several published sources. Permission to use these resources for the TAMAR Program was obtained by the Sidran Traumatic Stress Institute. The TAMAR Program was an original site funded under the Substance Abuse and Mental Health Services Administration's (SAMHSA) Women and Violence Demonstration Project.

## References

**Module 1** – Creative Re-structuring in Trauma Treatment taken from: Anita Rankin, (1998).

**Module 2** – “What is abuse?” and “What is Emotional Abuse?” from Maxine Harris (1998) Trauma, Recovery, and Empowerment: A Clinician’s Guide for Working with Women in Groups. New York: The Free Press. “Relationships” exercise from Barry M. Cohen, Mary-Michola Barnes, & Anita B. Rankin (1995) Managing Traumatic Stress Through Art. Lutherville, MD: Sidran Press.

**Module 3** – “What is abuse (sexual)/Female Sexuality” from Maxine Harris (1998) Trauma, Recovery, and Empowerment: A Clinician’s Guide for Working with Women in Groups. New York: The Free Press.

**Module 4** – “Trauma and Addiction” from Maxine Harris (1998) Trauma, Recovery, and Empowerment: A Clinician’s Guide for Working with Women in Groups. New York: The Free Press.

**Module 5** – “HIV/AIDS Education and Condom Skills”. (2003) Developed by the Maryland AIDS Administration, Maryland Department of Health and Mental Hygiene. Baltimore.

**Module 6** – “Communication and Negotiation Skills”. (2003) Developed by the Maryland AIDS Administration, Maryland Department of Health and Mental Hygiene. Baltimore.

**Module 7** – “Containment- The Concept of Self-Regulation” from Elizabeth Vermilyea (2000) Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress. Lutherville, MD: Sidran Press. “Alpha Poem” from Kathleen Adams and Walter Young (1998) The Way of the Journal: A Journal Therapy Workbook for Healing. Lutherville, MD: Sidran Press. “Protective Container” exercise from Barry M. Cohen, Mary-Michola Barnes, & Anita B. Rankin (1995) Managing Traumatic Stress Through Art. Lutherville, MD: Sidran Press.

**Module 8** – “Grounding” and “Imagery” from Elizabeth Vermilyea (2000) Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress. Lutherville, MD: Sidran Press. “Establishing a Safe Place” exercise from Barry M. Cohen, Mary-Michola Barnes, & Anita B. Rankin (1995) Managing Traumatic Stress Through Art. Lutherville, MD: Sidran Press.

**Module 9** – “Distress Tolerating Skills” and “Distress Tolerance Handout” from Marsha Linehan (1993) Skills Training Manual for Treating Borderline Personality Disorder. New

York: Guilford Press. "Drawing a Breath" exercise from Barry M. Cohen, Mary-Michola Barnes, & Anita B. Rankin (1995) Managing Traumatic Stress Through Art. Lutherville, MD: Sidran Press.

**Module 10** – "Clustering" exercise from Kathleen Adams and Walter Young (1998) The Way of the Journal: A Journal Therapy Workbook for Healing. Lutherville, MD: Sidran Press. "Developing Ways to Feel Better: Self-Soothing" from Maxine Harris (1998) Trauma, Recovery, and Empowerment: A Clinician's Guide for Working with Women in Groups. New York: The Free Press.

**Module 11** – "Physical Boundaries" and "Emotional Boundaries: Setting Limits and Asking for What You Want" from Maxine Harris (1998) Trauma, Recovery, and Empowerment: A Clinician's Guide for Working with Women in Groups. New York: The Free Press.

**Module 12** – "Intimacy and Trust" from Maxine Harris (1998) Trauma, Recovery, and Empowerment: A Clinician's Guide for Working with Women in Groups. New York: The Free Press.

**Module 15** – "Sondra's Story" from Maxine Harris (1998) Trauma, Recovery, and Empowerment: A Clinician's Guide for Working with Women in Groups. New York: The Free Press.

## TAMAR Treatment Group

If you are in this group it is because you have suffered from a traumatic experience, struggle with substance abuse, and your emotional and mental health have been affected by these experiences. Many people who have had traumatic experiences don't realize it. They may think that everyone goes through the same things and that it's no big deal. But trauma is a big deal. If you understand about trauma, what it is, what it does to girls as they are growing up, you can understand how your experiences have affected you. You can learn to keep yourself safe. You won't be at risk for being a victim or a victimizer.

### The Group

Working to recover from a traumatic experience is more powerful when shared with others who have been through similar experiences. When you've been abused, trusting people feels impossible. How can you work to trust people in a therapy group?

### Group Rules

#### RESPECT MYSELF:

- I will be present and on time for group sessions.
- My input is valuable. I will actively participate in group discussions, activities, etc.
- I will conscientiously do group assignments

#### RESPECT OTHERS:

- I will listen attentively and without interruption while others are speaking.
- I will offer constructive feedback when asked to do so.

#### NO VIOLENCE:

- I will use words, not actions, to describe my feelings.
- I will not use abusive language towards other group members.

#### CONFIDENTIALITY:

What is said in this room, stays in the room. I *may* discuss with others what I have said in group, but I cannot discuss what others have said.

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Signature

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Date

**Trust**

**What would it take for you to trust people in this group?**

1.

2.

3.

4.

5.

## **TAMAR Manual**

### **Table of Contents**

<b>Module 1</b>	<b>Who Cares, why bother, what's in it for me?</b>
<b>Module 2</b>	<b>What is abuse (physical and emotional)?</b>
<b>Module 3</b>	<b>What is abuse (sexual)?</b>
<b>Module 4</b>	<b>Trauma and Addiction</b>
<b>Module 5</b>	<b>HIV/AIDS Education and Condom Skills</b>
<b>Module 6</b>	<b>Communication and Negotiation Skills</b>
<b>Module 7</b>	<b>Containment I</b>
<b>Module 8</b>	<b>Containment II</b>
<b>Module 9</b>	<b>Tolerating Distress</b>
<b>Module 10</b>	<b>Self-soothing</b>
<b>Module 11</b>	<b>Boundaries and Safety</b>
<b>Module 12</b>	<b>Trust and Intimacy</b>
<b>Module 13</b>	<b>Parenting</b>
<b>Module 14</b>	<b>Life Story</b>
<b>Module 15</b>	<b>Closing Ritual</b>