

STRESS AND TRAUMA (WOMEN)		
Packet	Contents	Description of Contents
CS9e:	Managing your stress	Basic stress management workbook, including self-examination, symptoms awareness, identification of triggers, underlying stressors and lifestyle issues, evaluation of past coping, and introduction to several key coping skills.
	Worksheets	How am I doing today? Stress and your health Assessing your symptoms (FID tools)
SD3ef: Managing Your Stress	Dealing with stress and trauma in your life	Introductory trauma-informed care resource appropriate for most populations. Links client trauma and dependencies and identifies basic steps toward cognitive change.
	Worksheets	TJ Where you are TD2 Self-awareness review
	FFTs	FFT Hurting people GS FFT What happened to Maria
W11: Surviving Abuse and Trauma	Surviving abuse and trauma	Helps identify and address some of the consequences of these experiences - and move from simply “surviving” to a more positive outlook (“thriving”).
	FFTs	GS FFT The battle zone FFT Hurt People Hurt People GS FFT Marla GS FFT Autumn’s childhood
GS-AV1: Abuse and Victimization	Abuse and Victimization	This female gender-specific resource addresses a wide range of abuse and victimization issues. It identifies a range of abuses, designed to help clients accept that they were targets or victims of such abuse, hopefully moving them from precontemplation or anti-contemplation stage of change.
	Worksheets	What can I do now? Life experiences and resilience Abuse and victimization situational confidence (SCQ) Does being a victim make you helpless?