



# SUPPORTING WOMEN THROUGH TRAUMA: SKILLS & STRATEGIES WORKSHOP

An interactive, scenario-based workshop presented by:

Madeline Stiers, Ph.D., LCSW-S  
Chief Clinical Officer  
Hope and Healing Center & Institute

**Workbook**





## GATEWAY TO HOPE

GTHU is the training program of the **Hope and Healing Center & Institute**. We offer evidence-based, mental health training and ongoing support to faith communities, schools, and workplaces. Our mental health coach training program enhances your comprehension of mental health and empowers you to effectively implement it in practice. These courses will equip you with the tools to compassionately support those in distress and help build a community-based response to mental health distress.

### GATEWAY TO HOPE

[gatewaytohope@mentalhealthgateway.org](mailto:gatewaytohope@mentalhealthgateway.org)

[www.gthu.org](http://www.gthu.org)

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The Hope and Healing Center & Institution is an expression of St. Martins Episcopal Church's vision to minister to those broken by life circumstances and a direct response to the compassionate Great Commission of Jesus. An independent 501(c)(3) non-profit organization housed on the St. Martin's campus, the HHCI is a comprehensive mental health resource serving the Houston community and beyond.

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## Common Forms of Trauma in Women

Trauma often involves overlapping forms of abuse across the lifespan

Gender-based violence includes interpersonal, structural, and cultural harms

Impacts include PTSD, depression, chronic illness, and economic instability



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## Childhood Sexual Abuse

About 1 in 4 girls experience sexual abuse before age 18 (CDC)

Early trauma disrupts brain development and stress regulation systems

Linked to increased risk of PTSD, depression, and substance use

Often involves trusted individuals or authority figures



## Intimate Partner Violence (IPV)

1 in 4 women experience IPV in their lifetime (CDC)

Includes physical, sexual, emotional, and financial abuse

Often escalates over time and involves control tactics

Strong link to homicide risk in severe cases





### Other Forms of Gender-Based Abuse

Reproductive coercion affects up to 1 in 10 women (ACOG)

Stalking impacts ~1 in 6 women in the U.S. (CDC)

Spiritual/religious abuse uses belief systems to control behavior

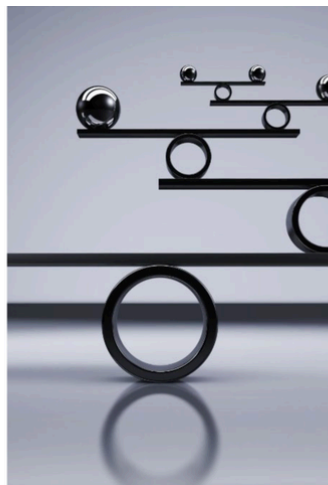
Harassment contributes to chronic stress and fear



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### Power and Control Dynamics

- Abuse is rooted in imbalance of power and control
- Tactics include grooming, dependency creation, and isolation
- Cultural norms may reinforce silence and compliance
- Secrecy and shame prevent disclosure and intervention



### Trauma Survival Responses

Fight: confronting or resisting threat

Flight: escaping or avoiding danger

Freeze: immobilization when escape is not possible

Fawn: appeasing to reduce harm

Dissociation: psychological detachment from experience



## Fight and Flight Responses

Fight: confronting or resisting threat (anger, defense)

Flight: escaping or avoiding danger (withdrawal, avoidance)

Driven by sympathetic nervous system activation

Increases heart rate, adrenaline, and cortisol

Linked to anxiety, hypervigilance, and avoidance patterns



Lined writing area for notes on Fight and Flight Responses

## Freeze Response

Immobilization when escape or resistance is not possible

Includes paralysis, inability to speak or move

Common in overwhelming trauma situations

Associated with tonic immobility

Often misunderstood as passivity



Lined writing area for notes on Freeze Response

## Fawn Response (Appeasement)

- Appeasing others to reduce harm
- Includes people-pleasing and compliance
- Common in chronic interpersonal trauma
- Linked to dependency and power imbalance
- Can lead to difficulty setting boundaries



Lined writing area for notes on Fawn Response









## Behaviors (Actions)



Behaviors are the actions we take in response to thoughts and feelings.



CBT encourages positive behavior changes to improve emotional well-being.



## Emotions

Happy	Sad	Hurt	Helped	Insecure	Confident	Unwell	Healthy
Accepted	Depressed	Horror	Uplifted	Unprepared	Trusting	Tired	Energized
Vibrant	Mournful	Fear	Cherished	Surprised	Admiration	Bored	Creative
Grateful	Hopeless	Panic	Loved	Anxious	Strong	Sick	Inspired
Content	Empathetic	Pained	Blessed	Rejected	Brave	Drained	Alert
Joyful	Discouraged	Destroyed	Saved	Mistreated	Successful	Weary	Hopeful
Thrilled	Lonely	Abused	Reassured	Weak	Secure	Powerless	Rejuvenated
Loving	Downcast	Ignored	Empowered	Unworthy	Beautiful	Exhausted	Calm
Caring	Miserable	Forgotten	Appreciated	Unwanted	Assured	Shattered	Satisfied
Overjoyed	Bitter	Judged	Understood	Unwelcome	Proud	Uninterested	Refreshed
Celebratory	Upset	Cursed	Validated	Victimized	Powerful	Confusion	Invigorated
Optimistic	Despairing	Hated	Strengthened	Doubtful	Giving	Guilt	Interested
Exhilarated	Gloomy	Neglected	Refreshed	Envious	Great	Shame	Resilient
Inspired	Dejected	Resentful	Renewed	Timid	Contentment	Cynicism	Spirited
Elated	Frustrated	Angry	Protected	Apprehensive	Curiosity	Disgrace	Lively
Euphoric	Unhappy	Irritated	Valued	Nervous	Graceful	Beaten down	Vigorous



## Thinking Traps

### All or None Thinking

Looking at things in absolute, black-and-white categories, instead of on a continuum. People who think in black-and-white terms see a small mistake as a total failure.

### Overgeneralization

Thinking that a negative situation is part of an ongoing cycle of bad things that happen. People who over-generalize often use words like "always" or "never."

### Mental Filter

Focusing only on the negative part(s) of a situation and ignoring anything positive or good.

### Fortune Telling

Predicting that things will turn out badly without any supporting evidence.

### Emotional Reasoning

Assuming that one's negative feelings reflect the way things really are.

### Should Statements

Telling yourself that you or others "should" or "must" act in a certain way.

### Labeling (Name-Calling)

Saying or thinking only negative things about yourself or others.

### Mind Reading

Concluding what others are thinking without evidence or making any effort to check it out.

### Personalization and Blaming

Believing that everything others do or say is your fault or a direct, personal reaction to you in some way.











## PREPARING FOR SUCCESS

Gateway to Hope is the training program of the **Hope and Healing Center & Institute**. We offer evidence-based, mental health training and ongoing support to faith communities and organizations such as yours. These courses will equip you with the tools to compassionately support those in distress and help build a community-based response to those in mental health distress.

**Empower Faith Communities** – A FREE 90-minute foundational training, perfect for anyone looking to support mental health in faith settings.

**Mental Health Coach Training** – A comprehensive, self-paced certification ideal for those planning to lead, facilitate groups, or offer deeper emotional and spiritual support.



**EMPOWER FAITH COMMUNITIES**  
BECOME A BEACON OF HOPE!

**About Us**  
GTHU is the training program of the Hope and Healing Center & Institute. We offer evidence-based mental and behavioral health training, resources, and ongoing support to individuals, faith communities, schools, and workplaces. We're passionate about spreading the word and breaking the stigma around mental illness. With our trainings, you'll have the power to change lives and respond effectively and compassionately to those who need it most.

**About EMPOWER Faith Communities**  
This free online training equips faith leaders, volunteers, and communities with techniques for identifying mental distress, responding compassionately, and building a network to quickly connect those in mental distress with professional care.

**Benefits of Taking This Training**

- Deepens your understanding of the most common mental and behavioral health topics.
- Provides you with the knowledge to aid those struggling with mental and behavioral health illness.
- Equips you with the skills you can quickly implement.
- Empowers you to be part of the solution that eliminates the stigma surrounding mental and behavioral health.

**You Will Learn:**

- The definitions of "mental health," and "mental illness," how psychological distress manifests itself, and how mental illness impacts a person's life.
- The main symptoms of mental and behavioral health disorders.
- The truth behind misconceptions surrounding mental and behavioral health disorders.
- How and why people self-harm, the nature of suicidal thoughts, and how to help someone who is contemplating ending their life.
- How to communicate with someone in mental distress, provide them with resources for assistance, and discuss mental and behavioral health in your community.

SCAN TO LEARN MORE



Gateway to Hope  
Training Program of HHCI




**Mental Health Coach**  
BECOME A BEACON OF HOPE!

**About Us**  
GTHU is the training program of the Hope and Healing Center & Institute. We offer evidence-based mental and behavioral health training, resources, and ongoing support to individuals, faith communities, schools, and workplaces. We're passionate about spreading the word and breaking the stigma around mental illness. With our trainings, you'll have the power to change lives and respond effectively and compassionately to those who need it most.

**About Mental Health Coach**  
Looking to further your mental health education? Purchase our Mental Health Coach Training. We equip you and faith communities to respond compassionately through our evidence-based training to help those in mental distress, lend support, and serve as a mental health resource to their organization. This online training includes mental health coaching and one specialization in an area of your choosing: Addiction & Behavioral Health Disorders, Aging & Elder Care, Child & Adolescent Mental Health, and Trauma. Additional specialty trainings are available for purchase.

**Benefits of Taking This Training**

- Provides you with information, skills, practical scenarios, and actionable steps that guide your Mental Health coaching in your community.
- You'll learn how to offer help, hope, and encouragement to those that need guidance throughout their journey to mental health recovery and wellness.
- Registration includes reimagined by Matthew Stanford Ph.D., support group curricula, and access to a community map and our Mental Health Coach forum, where you can connect with other Mental Health Coaches.

**You Will Learn:**

- How to recognize signs and symptoms of the most common types of mental illness, and faith's role in healing.
- Educate others on mental health, reduce stigma, and your role as a Mental Health Coach.
- Learn ethics, guidelines, intake procedures, and key coaching skills to create a safe space.
- Support those experiencing mental and behavioral health challenges, their caregivers, and loved ones as they heal.
- Build a professional referral network, refer those you coach to mental health professionals, and get your community engaged and involved.

SCAN TO LEARN MORE



Gateway to Hope  
Training Program of HHCI





## Mental Health Coach Card

### COERCIVE CONTROL

One-on-One Coaching Scenario - Sarah becomes tearful as she shares how her partner's "care" turned into control, leaving her feeling isolated, monitored, and unsure of herself.

#### For Helpful Techniques, reference:

**reImagine** – Discovering Hope (page 119), Boundaries (page 147)

**Hearts Transformed** – Safety, Routine, and Control (page 18), Trusting Family and Friends (page 64)

### TRAUMA COMMUNICATION

#### Unhelpful Statements

"You need to be strong."



#### Trauma-Informed Alternatives

"It's okay to feel whatever you're feeling right now."

"Are you sure that really happened?"



"I believe you. Thank you for trusting me with your story."

### HELPFUL BIBLE VERSES

#### Psalm 34:18

**"The Lord is close to the brokenhearted and saves those who are crushed in spirit."**

This verse highlights God's empathy and willingness to be present with those who are hurting.

#### Isaiah 41:10

**"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."**

This verse provides reassurance of God's strength and support, encouraging believers not to be afraid.

#### Psalm 46:10

**"God is our refuge and strength, a very present help in trouble."**

This verse emphasizes God's role as a source of strength and refuge in times of distress.



## Mental Health Coach Card

### FIGHT, FLIGHT, FREEZE RESPONSE

Support Group Scenario - Maya shares about a past assault and becomes overwhelmed with shame, believing she failed because she froze instead of fighting back.

#### For Helpful Techniques, reference:

**reimagine** – Recognizing Cycles and Triggers (page 91), Knowing a Good God (page 113)

**Hearts Transformed** – Stress and Trauma (page 8), Healing Guilt and Shame (page 60)

### TRAUMA COMMUNICATION

#### Unhelpful Statements

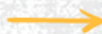
“Try not to think about it.”



#### Trauma-Informed Alternatives

“It’s understandable that these memories come up.”

“You just need to calm down.”



“It’s safe to let your feelings out here. What can we do to help manage the emotions right now?”

### HELPFUL BIBLE VERSES

#### Psalm 91:4–6

**“He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day...”** This passage emphasizes God’s protective presence and power to shield from harm.

#### Isaiah 41:10

**“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”**

This verse provides reassurance of God’s strength and support, encouraging believers not to be afraid.

#### John 14:27

**“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”**

This verse emphasizes Jesus’ gift of lasting, inner peace that calms fear and troubled hearts, unlike what the world offers.



## Mental Health Coach Card

### CHILDHOOD NEGLECT; PARENTIFICATION

Support Group Scenario - Brielle shares how she had to raise her siblings growing up and now feels overwhelming guilt for leaving and building her own life.

**For Helpful Techniques, reference:**

**reImagine** – Your True Identity (page 125), Forgiveness (page 164)

**Hearts Transformed** – Healing Guilt and Shame (page 60)

### TRAUMA COMMUNICATION

#### Unhelpful Statements

“It’s time to get over it.”

“You just need to forgive and move on.”

#### Trauma-Informed Alternatives

“Your healing journey is unique, and I’ll walk with you through it.”

“Healing takes time, and it’s okay to go at your own pace.”

### HELPFUL BIBLE VERSES

#### John 14:27

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

This verse emphasizes Jesus’ gift of lasting, inner peace that calms fear and troubled hearts, unlike what the world offers.

#### Matthew 11:28–30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

This passage offers an invitation to find rest, peace, and relief through Jesus, highlighting His gentleness and a lighter way of living.

#### Psalms 23

“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his...” This psalm speaks of God’s presence and guidance, even in difficult times, offering comfort and peace.



## Mental Health Coach Card

### COGNITIVE DISTORTIONS; LOVE REQUIRES SACRIFICE

One-on-One Coaching Scenario - Imani reflects on feeling emotionally drained in her relationships, realizing she has learned to equate love with sacrifice and neglecting her own needs.

#### For Helpful Techniques, reference:

**reImagine** – Identifying Emotions (page 73), Renewing your Mind (page 79)

**Hearts Transformed** – Rest, Relaxation and Joy (page 27)

### TRAUMA COMMUNICATION

#### Unhelpful Statements

“If you had done \_\_\_\_, this wouldn’t have happened.”



#### Trauma-Informed Alternatives

“What happened is not your fault.”

“I know exactly how you feel.”



“I can’t fully know what it’s like for you, but I want to listen and understand.”

### HELPFUL BIBLE VERSES

#### Romans 8:26

**“In the same way, the Spirit helps us in our weakness.”**

This passage speaks about the Holy Spirit interceding for believers, even when they don't know how to pray.

#### Philippians 4:6–7

**“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your...”** This passage encourages prayer and gratitude as a means to experience God's peace.

#### Isaiah 40:29

**“He gives strength to the weary and increases the power of the weak.”**

This verse emphasizes God's power to strengthen the weary and empower the weak.



## Mental Health Coach Card

### CRISIS REFERRAL

One-on-One Coaching Scenario - Cassandra shares urgent concern for her sibling who may be at risk of self-harm and feels overwhelmed, unsure how to help or what steps to take.

**For Helpful Techniques, reference:**

**reImagine** – Serving Others (page 178), Living in Community (page 131)  
**Hearts Transformed** – Recovery (page 22), Grieving & Grace (page 50)

### TRAUMA COMMUNICATION

**Unhelpful Statements**

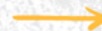
“Are you sure that really happened?”



**Trauma-Informed Alternatives**

“I’m really glad you shared this with me. It’s clear how much you care about them, and your concern matters.”

“Try not to think about it.”



“Considering everything your loved one is facing, it makes sense that this feels emotionally heavy for you, too.”

### HELPFUL BIBLE VERSES

**Psalm 46:1**

**“God is our refuge and strength, an ever-present help in trouble.”**

This verse emphasizes God's role as a source of strength and refuge in times of distress.

**Jeremiah 30:17**

**“But I will restore you to health and heal your wounds,” declares the Lord, “because you are called an outcast, Zion for whom no one cares.”** This verse highlights God's promise to restore health and heal wounds.

**Isaiah 57:18–19**

**“I have seen their ways, but I will heal them; I will guide them and restore comfort to Israel’s mourners, creating praise on their lips. Peace, peace, to those far and near,” says the Lord. “And I will heal them.”** This passage speaks of God's healing, comfort, and peace offered to those who mourn.

# GATEWAY TO HOPE




gatewaytohope@mentalhealthgateway.org



346.335.8700

## THE HOPE LINE & GRACE CARDS

 **The Hope Line**  
(832) 831-7337

Relational Issues | Work Stress | Recent Trauma | Mental Health Resources

**Open daily, 5 PM - 8 PM CT**

www.hhci.org      In case of emergency, please call 911.

 **La Línea de la Esperanza**  
(832) 831-7337

Problemas Relacionales | Estrés Laboral | Traumas Recientes | Recursos de Salud Mental

**Abierto todos los días de 5 PM - 8 PM CT**

www.hhci.org      En caso de emergencia, llame al 911.

 **Grace, Friendly AI Assistant**  
Have questions about mental or behavioral health? Talk to Grace.

Our friendly AI assistant can guide you in supporting yourself or a loved one.



**Things you can ask Grace:**  
"Am I depressed? Do I need medication?"  
"Is my child an addict?"  
"What do I do when my family member lashes out at me?"  
And much more!



In case of emergency, please call 911.

 **Grace, Asistente de Inteligencia Artificial Amigable**  
¿Tiene preguntas sobre salud mental o conductual? Hable con Grace.

Nuestra amigable asistente de inteligencia artificial puede guiarlo para que pueda ayudarse a sí mismo o a un ser querido.



**Cosas que puedes preguntarle a Grace:**  
"¿Estoy deprimido? ¿Necesito medicación?"  
"¿Mi hijo es adicto?"  
"¿Qué hago cuando un familiar me ataca?"  
¡Y mucho más!



En caso de emergencia, llame al 911.

