**WOMEN’S TRAUMA-INFORMED GROUP**

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**Objectives:** People with intellectual and developmental disabilities are at an increased risk of experiencing trauma due to a variety of complex and systemic reasons (McGilvery, 2018). Traumatic events and experiences can manifest in maladaptive ways, including but not limited to, impulsivity, poor decision-making skills, relationship deficits, sleep disturbances, emotional regulation issues, and low self-esteem/self-worth. For individuals with intellectual and developmental disabilities, signs of trauma are often attributed to their disability and ignored. The inherent susceptibility of this population calls for a trauma-informed approach to the delivery of supports and services, and group therapy is a powerful, viable tool for healing trauma in people with intellectual and developmental disabilities. Unfortunately, opportunities for this population to have access to trauma-informed care are limited; in particular, research has highlighted very limited opportunities for trauma-based group therapies (Razza & Tomasulo, 2005). Although this group is more likely to be viewed as vulnerable in research contexts, this perceived vulnerability often results in limited access to research-based opportunities (Houck & Dracolby, 2023).

**Method:** Eight participants will be asked to take part in this group therapy. This number has been chosen to allow for a small enough group for strong connections to be made, while also allowing for didactic work to be completed in pairs. Participants will first undergo a Functional Assessment Interview (FAI) to determine information about the behaviours in their lives that are specific indicators of trauma, and the circumstances under which they occur. Interviews will be conducted individually with each group member and will take between one and two hours to complete. Participants will be asked if they would like to have someone they trust present during this assessment. Group members will then be asked to fill out a pre-test measure prior to the start of group sessions. This measure will include personalized statements, informed from the FAI, regarding the extent to which trauma impacts various aspects of their daily lives. This same measure will be filled out as a post-test upon the completion of the group and was adapted from The Impact of Event Scale - Revised (IES-R; McCabe, 2019). Group members will then participate in the trauma group each week for 90 minutes for eight consecutive weeks. Participants will complete self-monitoring checklists every day outside of the trauma group and come prepared to discuss their progress at each upcoming session. Group sessions will follow the general format of the four following phases: 1. Orientation, 2. Warm-up and Sharing, 3. Enactment, and 4. Affirmation.

**Results:** N/A**,** awaiting REB approval.

**Discussion/Conclusions:** Participants are expected to: a) identify the impacts of trauma in an individualized manner, b) learn skills and strategies to cope with the effects of trauma, c) work through traumatic experiences in a collaborative manner within a safe environment, d) develop meaningful relationships with other group members, and e) see meaningful changes in everyday life as a result of the group. These effects are expected to maintain and generalize to the communities and environments of the group members.