



WHAT TO KNOW ABOUT

Trauma Recovery and Empowerment Model (TREM) groups

TREM (the Trauma Recovery and Empowerment Model) is a structured group developed by FalLOT and Harris for women with histories of abuse and co-occurring mental health and substance use. M-TREM is the men's version. It blends psychoeducation, validation, and skills. You share at whatever level feels right; it doesn't require recounting events in detail.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit in early recovery, or when you need a trauma-informed foundation first.
- Not a trauma-processing group. It won't ask you to recount events in detail.
- Acute psychiatric crisis may need stabilization first. In crisis? Call or text 988.

What it's used for

Women with complex trauma and co-occurring mental health and substance use.

M-TREM serves men in similar circumstances.

Common in corrections, homeless services, residential, and community mental health.

WHAT TO EXPECT

- 1 Sessions usually run 75 to 90 minutes, structured around a topic and activities.
- 2 The facilitator guides rather than lectures. You share at the level that feels right.
- 3 No requirement to describe specific traumatic events. Usually a closed cohort.

TREM's evidence spans quasi-experimental and comparative studies across community and correctional settings.

- The primary effectiveness study found improvements in **mental health, trauma symptoms, and functioning** versus a comparison condition.¹
- A 2020 scoping review found consistent gains in trauma symptoms, mental health, and empowerment, mostly from quasi-experimental designs.²

MAKING THE MOST OF IT

- **You set the pace.** You're never required to share details.
- **Listening counts.** Witnessing others is part of healing.
- **Give it a few sessions.** Safety builds before the deeper work.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1 Who facilitates, and what is their TREM training?
- 2 Is this full TREM, M-TREM, or a shortened adaptation?
- 3 How many sessions, and how often does it meet?
- 4 What does it cost? Is there a free or sliding scale option?

Ready to find a group?

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If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

Trauma Recovery and Empowerment Model (TREM) groups · references keyed to the numbers on page 1.

- 1 Fallot, R. D., McHugo, G. J., Harris, M., & Xie, H. The Trauma Recovery and Empowerment Model: a quasi-experimental effectiveness study. *Journal of Dual Diagnosis* (2011).
- 2 Masin-Moyer, M., et al. A scoping review of the Trauma Recovery and Empowerment Model (TREM). *Trauma, Violence, and Abuse* (2020).

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