Authentic Trainings, LLC

PRACTICAL, RELATABLE, & COMPASSIONATE

Launch a Men's Trauma Group Your Clinicians Are Prepared to Lead

Give experienced SUD and behavioral health clinicians the curriculum and facilitation skills to lead a structured 10-week men's trauma group. Without requiring them to develop the program from scratch or improvise through emotionally volatile moments.

This cohort training prepares your team to help men approach trauma gradually, build emotional regulation, and explore difficult experiences **without forced disclosure or moving into painful material before they have adequate support.**

Office of Addiction Services and Supports

Sandra Rivers
Proud Member
NYCB Trainer Registry
2025

This training is approved for 12 Continuing Education hours for CASAC through NYS OASAS.

Train Your Team!

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Sandra Rivers
FOUNDER

Men's Trauma Group Training

Course Curriculum

DAY ONE

Module 1: Welcome

Module 2: Emotional Regulation

Module 3: Life Timeline

Module 4: Genogram Foundations

DAY TWO

Module 5: Deep Dive

Module 6: Storytelling

Module 7: Integration

Module 8: Closing Ritual

This training is designed for organizations that need to:...

- Reach men who shut down, become angry, or disengage when trauma surfaces.
- Address unresolved trauma that continues to contribute to substance use and return to use.
- Move clinicians from understanding trauma to knowing how to facilitate the work safely.
- Add a specialized men's trauma group without spending months developing and testing a curriculum.
- Create a consistent approach that supervisors can support across clinicians and programs.
- Build long-term internal capacity through an optional Train-the-Trainer program.

Sandy Rivers, Trainer Registry Member #20207022