Trauma Recovery and Empowerment Model (TREM)

The purpose of this document is to provide a brief overview of Trauma Recovery and Empowerment Model based on the information available in The Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP). The content presented in this brief was retrieved from SAMHSA’s NREPP. For detailed descriptions of the outcomes and research mentioned, the quality of research rating, full program information, and a list of studies reviewed, visit http://www.nrepp.samhsa.gov/.

What is it?
The Trauma Recovery and Empowerment Model (TREM) is a fully manualized group-based intervention designed to facilitate trauma recovery among women with histories of exposure to sexual and physical abuse. Drawing on cognitive restructuring, psychoeducational, and skills-training techniques, the gender-specific 24- to 29-session group emphasizes the development of coping skills and social support. It addresses both short-term and long-term consequences of violent victimization, including mental health symptoms, especially posttraumatic stress disorder (PTSD) and depression, and substance abuse. TREM has been successfully implemented in a wide range of service settings (mental health, substance abuse, criminal justice) and among diverse racial and ethnic populations.

Who is it for? What presenting problems does it address?
Women with histories of exposure to sexual and physical abuse.

What outcomes are addressed in the research?
1. Severity of problems related to substance use
2. Psychological problems/symptoms
3. Trauma symptoms

How much does it cost?*
*The following information may have been updated by the developer and may not reflect the current costs or availability of items. Check with the implementation point of contact for current cost information and implementation requirements.

1. Manual: $30 each
2. 2-day, on-site training: $4,000 – $9,000
3. On-site or telephone consultation: $175-$200 per hour
4. TREM fidelity scale: Free
5. Outcome Measures: Varies
For additional information and resources on Trauma Recovery and Empowerment Model, visit:

- SAMHSA’s National Registry of Evidence-based Programs and Practices: Trauma Recovery and Empowerment Model (TREM)

- Community Connections
  [www.ccdc1.org](http://www.ccdc1.org)

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