

	<i>Sanctuary®</i>	<i>Risking Connection®</i>
Overview and Theoretical Approach	Authored by Sandra Bloom (1985). The treating community is the key to recovery for trauma and substance affect individuals. The model challenges organizations to reexamine their basic assumptions concerning the extent to which social service environments promote safety and nonviolence across physical, psychological, social and moral domains for everyone involved.	Authored by Kay Saakvitne, Sarah Gamble, Laurie Pearlman, and Beth Tabor-Lev (1987). Teaches a relational framework and skills for working with survivors of traumatic experiences. The focus is on relationship as the intervention for healing. Includes CBT, DBT and EMDR methods for adapting education and workplace processes.
Duration & Intensity of Services	Multiyear process. System change is reputed to take at least seven years	Undetermined
Open vs. Closed Sessions	Recommended for closed and open organization systems	Recommended for individuals, families, groups, communities and organizations.
Adaptations	Developed for inpatient and outpatient social service organizations	Used by mental health clinicians, public welfare workers, medical schools, child serving organizations, faith communities, correctional facilities, and educators
Training & Facilitator Qualifications	Implemented through a combination of trainings and consultations provided by the Sanctuary Institute Faculty members	Multi-tiered training programs from half to full days. There is also a Risking Connection Online Program.
Manual Costs	Cost is determined for individual implementing organization based on their composition. There are 5 manuals to assist in implementation: The Sanctuary Implementation Guide The Sanctuary Direct Care Staff Training Manual The Sanctuary InDirect Care Staff Training The Sanctuary Psycho-education Manuals The Sanctuary Standards	Cost is determined for individual implementing organization based on training needs.
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	<i>Attrium</i>	<i>Helping Women Recover</i>	<i>Seeking Safety</i>	<i>TREM</i>	<i>Triad</i>
Overview and Theoretical Approach	Addresses mind, body and spirit; based on cognitive-behavioral and relational theories	An integrated curriculum addressing trauma and addiction; based on relational and cognitive-behavioral theories and integrating expressive arts	Present-focused therapy promoting safety and recovery; integrates cognitive-behavioral theory with interpersonal and case management domains	Addresses areas of empowerment, the impact of trauma events, and skills building; utilizes cognitive-behavioral, psychoeducational, and skills training approaches	Promotes survival, recovery, and empowerment using a cognitive-behavioral approach
Duration & Intensity of Services	12 weeks (60–90 min.)	17 sessions (90 min.)	25 sessions (50–90 min.)	24–29 sessions (75 min.)	16 sessions (120 min.)
Open vs Closed Sessions	Closed Groups	Closed groups recommended	Open or closed groups	Closed groups after 4 th session	Modified closed groups (open at beginning of each phase)
Adaptations	Has been used on a limited basis in co-ed groups	Curricula for adolescent girls and criminal justice settings are available.	Manual makes suggestions for tailoring the program to a variety of lengths of stay and settings.	Versions available for use with men, adolescent girls, and for Spanish language and culture	Has been modified for use in jails
Training & Facilitator Qualifications	Peer or professionally facilitated; initial training and TA recommended and available in English and Spanish.	Detailed facilitator manual intended to supplant formal training. Facilitators must be women and if they are abuse survivors must have had treatment.	No specific facilitator qualifications but recommended that facilitator seek support; manual includes chapter to prepare facilitator. Additional training not required.	One or two gender-specific co-leaders must be trained. Training offered by program developers usually designed for 2 trainers and up to 40 participants.	Professionals or para-professionals with experience in mental health or substance abuse and are knowledgeable about group process; training and on-going supervision strongly recommended.
Manual Cost	\$25; \$22.25 at Amazon.com	Facilitator guide and woman's journal \$180; journal alone \$23	\$36	\$25 from developers; \$32.75 in book stores	None
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