Women who have traumatic life experiences are disproportionately vulnerable to acquiring HIV in the US and are more likely to die from HIV than are men. The reasons for these inequalities are complex. In addition, research indicates that several issues affect the HIV epidemic among US women including poverty and lack of economic opportunity, housing insecurity, substance abuse, mental health issues including depression and violence.

*Butterfly Rising*, a Trauma-informed Leadership Initiative (TILI), is a trauma-informed peer leadership development curriculum for women living with HIV, including women of trans experience. PWN-USA’s strategic imperative to build social justice informed leadership capacity **(**evidenced by changes in knowledge, skills, and attitudes) among women living with HIV in the United States. Towards this end, this trauma-informed leadership development training focus on the following goals:

* 1. Process past and current traumatic experiences and identify how these experiences may have made them vulnerable to acquiring HIV and continue to increase their susceptibility to poor health and human rights violations.
  2. Support participants in recognizing their personal resilience.
  3. Teach new techniques, skills, and coping strategies grounded in cultural relevance that women with HIV can use to practice self-care, including setting and maintaining healthy boundaries.
  4. Support individual and collective healing so women living with HIV can unleash their authentic voices to make change in their lives and communities.

In terms of implementation, *Butterfly Rising* is a small group multi-session skills-building curriculum developed by Positive Women’s Network – USA (PWN-USA). PWN-USA’s TILI is organized around interactive, skill-building modules designed to increase the ability of participants to share their traumatic life experiences including their experiences with HIV and other health disparities. The curriculum for PWN-USA TILI is to be delivered by someone with knowledge and application experience of the concepts, information, and skills building tools used in the training.

The cornerstone of the curriculum is the second module; *Our Vulnerabilities and Risks* seeks to:

* Increase understanding of the concepts of trauma, vulnerability, risk, and resiliency.
* Increase understanding of ways that vulnerability to poor health outcomes may arise from the participants’ life experiences as children, as young adults, and as adults.Additionally,we say vulnerability we are referring to vulnerability for poor health outcomes following diagnosis, human rights violations, lack of economic opportunity, etc.
* Increase opportunities for participants to acknowledge and reconcile the affects of certain life experiences that make women vulnerable to poor health outcomes and human rights violations resulting from social and economic disparities.
* To honor and celebrate the strength, courage, and resiliency of women living with HIV