



**UNDERSTANDING THE NEEDS OF
SURVIVORS:**

**HOW TO PROVIDE TRAUMA-INFORMED
SUPPORT BEFORE DURING AND AFTER
FACILITATING S.O.C.**

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“When it comes to trauma, no two people are exactly alike...There are many factors involved in the wide range of response to threat. These responses depend upon genetic make-up, an individual’s history of trauma, even his or her family dynamics. It is vital that we appreciate these differences.” – Dr. Peter A.

Levine



Have you ever had a survivor
in the audience?

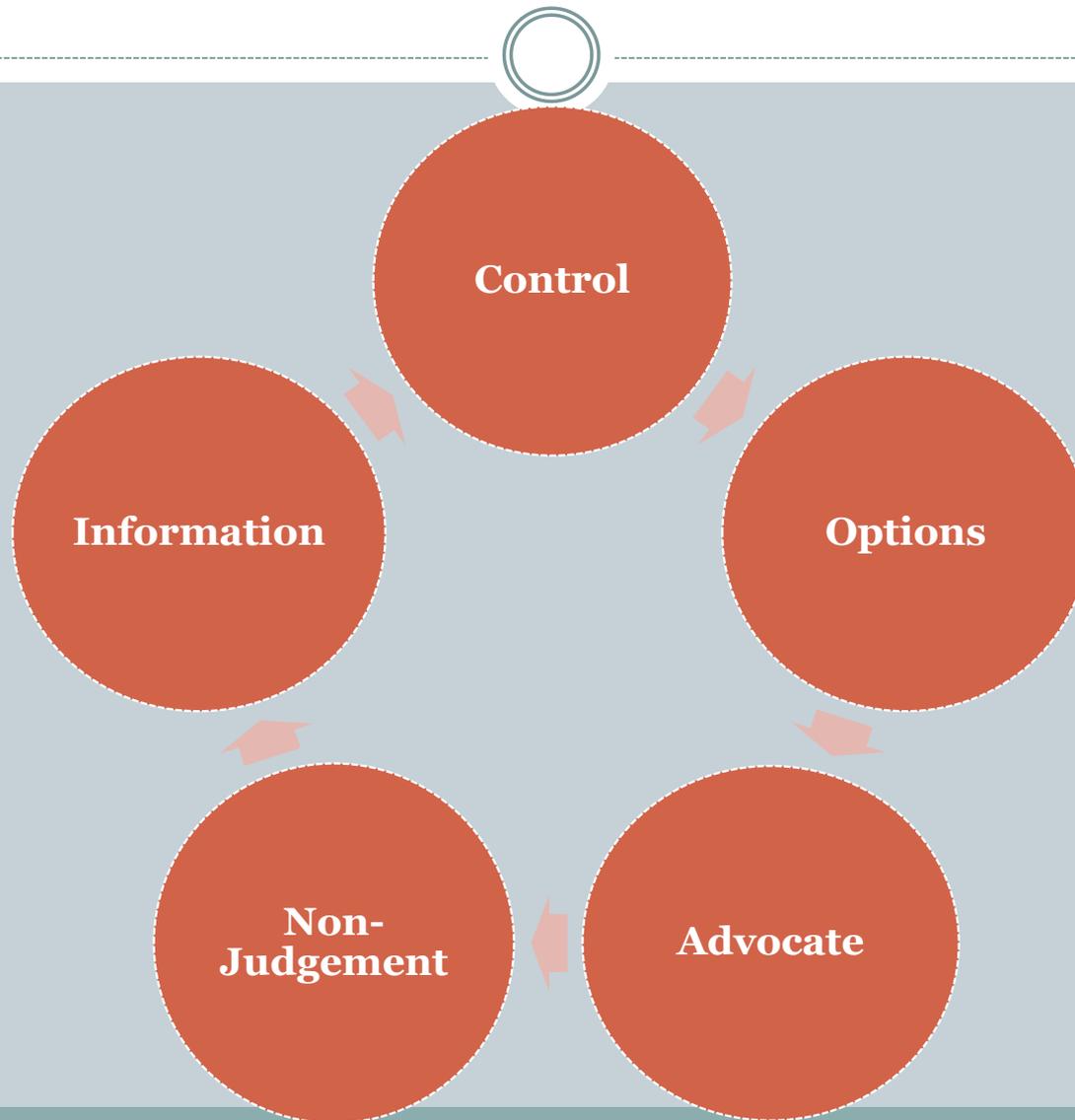
What needs might they have?

Minefield Activity



- How does it feel to be a survivor?
- How does it feel to be a guide?

Needs of the Survivor



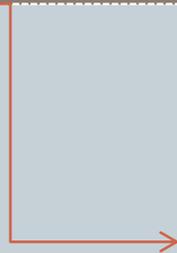
NOVA Crisis Intervention Model



Safety/Security

Ventilation/Validation
(Active Listening)

Prediction/Preparation
(Problem Solving)



Active Listening



- Validate
- Summarizing (“Sounds like...”)
- Reflecting (“So what I’m hearing you say is...”)
- Silence is okay!
- Let them know you’re listening (“Uh-huh”)
- Summarize what you’ve heard them say about their emotional state, their current circumstances, and their most pressing concerns.
- Check for agreement.

Helpful Responses



You didn't do anything wrong.

I'm sorry this happened to you

It's not your fault

It's all right to cry

I'm here for you

I believe you

How to Support a Survivor- BLESS



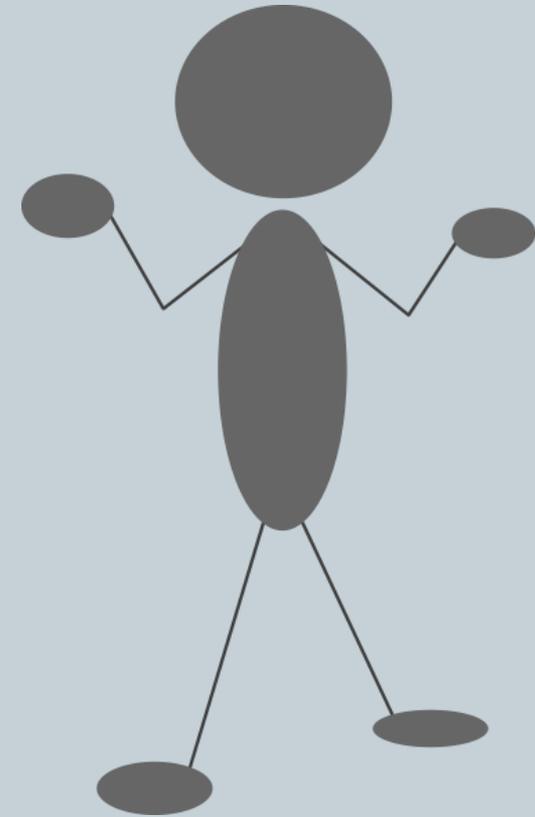
- Believe
- Listen
- Empower
- Support
- keep Safe



Grounding



- *Belly breathing*
- *Pet a dog/cat, etc.*
- *Cross-arm hold*
- *Feel floor/chair supporting you*
- *Push against a wall*
- *Color or draw*
- *Hold something you can manipulate (slinky, bean bag, beads, etc.)*
- *Track what you're feeling inside (sensations, emotions)*





While I can now wholeheartedly embrace and endorse Audre Lorde's admonition "Your silence will not protect you", there were times in my life when I thought it did protect me. My silence had protected me from the feelings that result from not being heard after I have been harmed and *did* choose to talk about it. It protected me when I endured being raped while a college student and feared first for my life and then being blamed by my mother for being raped. Such feelings can be just as deep and soul taking as the ones that result from not being protected from harm in the first place.

... and when we speak we are afraid our words will not be heard nor welcomed but when we are silent we are still afraid. So it is better to speak remembering we were never meant to survive. -Audre Lorde

MY PRACTICE OF 'LOVE WITH ACCOUNTABILITY' REQUIRES THAT MY GRANDDAUGHTERS AND GRANDSONS MUST BE GIVEN THE TOOLS THEY NEED TO TELL SOMEONE SHOULD THEIR SEXUAL AND BODILY AUTONOMY EVER BE THREATENED WITHOUT STIFLING THEIR NATURAL SEXUAL CURIOSITY AND EXPLORATIONS. JUST AS IMPORTANTLY, THE ADULTS WHO CARE FOR THEM MUST ALSO BE GIVEN THE TOOLS THEY NEED TO HEAR THEM, TO PROTECT THEM AND TO HOLD OTHER ADULTS ACCOUNTABLE.

- LYNN ROBERTS



We struggle to pull the pieces of what we think should happen together and then watch much of it fall away as our current system is not capable of fully addressing the complexity of child sexual abuse.

The children who experience sexual abuse in our communities are often completely disconnected from the process of accountability. Much of what happens after disclosure is controlled by laws, requirements and processes that have little flexibility to allow a survivor-led approach to addressing child sexual abuse within a family structure



IF WE DO NOT ALLOW FOR SURVIVOR-LED ACCOUNTABILITY WHEN A CHILD HAS BEEN VICTIMIZED THAN WE CANNOT CLAIM TO LOVE THAT CHILD. ALL WE CAN CLAIM IS A LOYALTY TO A SYSTEM THAT OFTEN EXCLUDES THEM. ALL WE CAN SAY, IS THAT WE ARE WILLING TO MAKE A LIVING SACRIFICE OF THAT CHILD IN EXCHANGE FOR WHAT MAKES US COMFORTABLE.

- TASHMICA TOROK

[#LoveWITHAccountability](#)





Vicarious Trauma

Just listening to other people's trauma can be traumatizing and have long term physical and emotional effects

Signs:

- Altered sense of safety
- Overwhelming emotions / greater understanding of pain
- Changes in self trust and trust in others
- Hypervigilance
- Difficulty in intimate relationships
- Nightmares
- Change in Spirituality
- Distancing

What contributes to vicarious trauma?



- The nature of the work – pain and trauma
- Hearing details of people’s stories - empathy
- Being the person that friends and acquaintances disclose to
- Unrealistic expectations of oneself
- Our own personal histories and life events
- Being new to the field
- Society – our society underrates and denies the existence of trauma (you can do it, move on, at least it isn’t worse)

How have we been affected?



What can we do to lessen vicarious trauma?



- **ABC's**
 - Awareness
 - ✦ How are you feeling? Body and Mind
 - Balance (self-care)
 - Connection (to others)
 - ✦ Seek support: friends, family, co-workers, supervisor
 - ✦ Appreciation (5 languages of appreciation: Words of Affirmation, Quality Time with those you value, Acts of Service, Tangible Gifts, Physical touch)
 - (self)Compassion
 - ✦ Be kind and understanding to yourself when confronted with personal failings – no one is perfect. Suffering, failure and imperfection is part of the shared human experience.

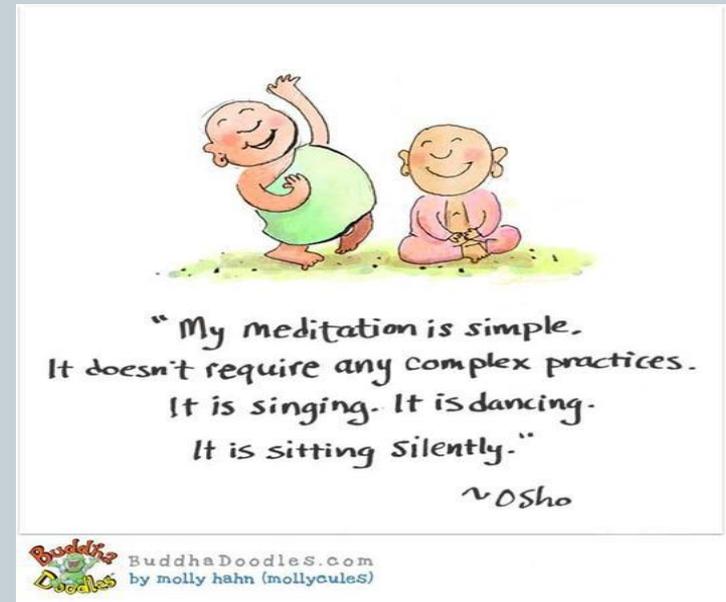
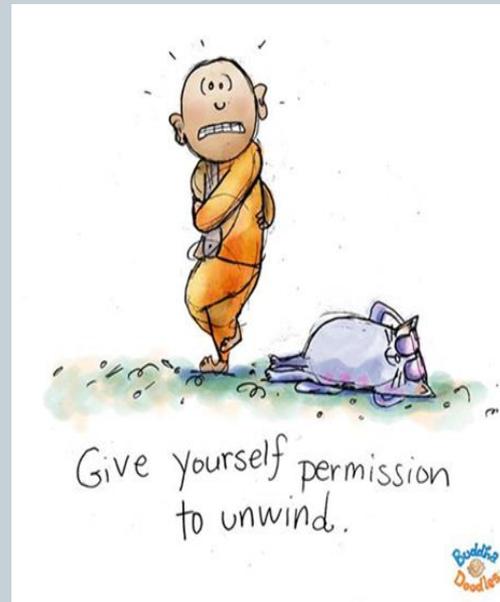
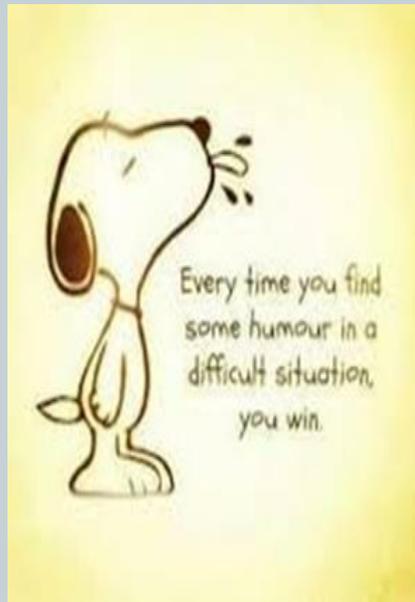
Self-Compassion

If your compassion does not include yourself, it is incomplete.

—*the Buddha*

Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare. Caring for myself is an act of survival.

—*Audre Lorde*



Challenges to Self-Care



- “Adulthood” – doing things you want to put off
- Take care of your body – medical care
- Quit – say “no” to some things
- Ask for help – be vulnerable
- Take care of basic needs – pay bills
- Feeling isolated or alone
- Self-criticism
- Motivation



Self Care Wheel

Physical

Exercise

Psychological

Journaling

Emotional

Laugh

Spiritual

Meditate

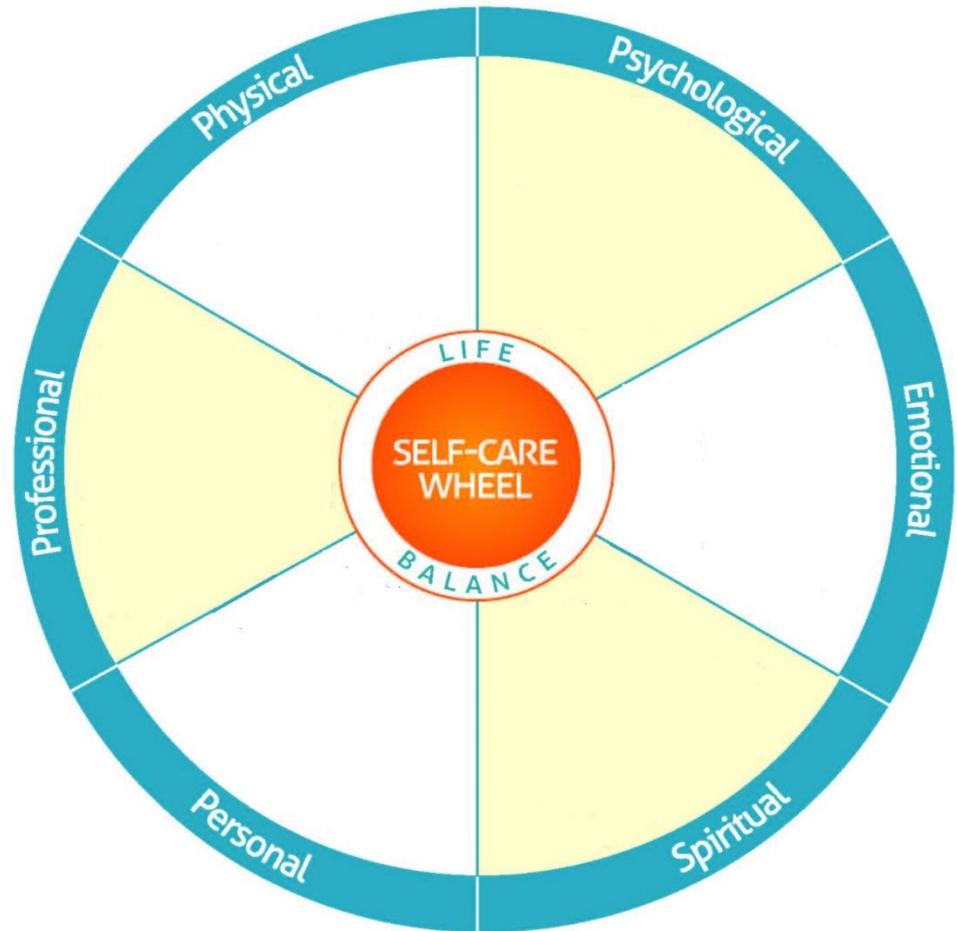
Personal

Spend time with loved ones

Professional

Take time for lunch

SELF-CARE WHEEL



Practicing self-care



- Take a technology break
- See a movie or watch TV
- Exercise
- Listen to music/playlists
- Read
- Spend time with friends
- Cook
- Practice yoga
- Draw/paint
- Make crafts
- Sleep
- Go for a drive
- Journal
- Go to plays and concerts
- “adulting”
- Take a mental health/sick day
- Spend time alone
- Have a dance party
- Take a moment to stop and relax
- Breathe deeply
- Go out in nature
- Pray / Meditate
- Have a good cry
- See a therapist or counselor
- Take a bubble bath
- Say “no”
- Disconnect
- Mantras/affirmations
- Measurable goals/rewards
- Laugh
- Rituals
- Visit with family
- Cuddle with a pet
- Watch the sun set

Wrap Up



Make two lists: one list of self-care things you can do on-the-go, and one list of self-care things you can do when you set aside an hour or two. Include at least 3 things on each list that you know will work for *you*.

Self-help

How to stop time: kiss.
How to travel in time: read.
How to escape time: music.
How to feel time: write.
How to release time: breathe.



"Sometimes your joy is the source
of your smile, but sometimes your smile
can be the source of your joy."
- Thich Nhat Hanh



BuddhaDoodles.com
by molly hahn (mollyyoules)

Resources



- <http://self-compassion.org/>
- <https://www.youtube.com/watch?v=uOzDGrcvmus>
- <https://www.youtube.com/watch?v=iCvmsMzlF7o>

