

TRAUMA LEADERSHIP: WORKING TO ENSURE THAT TRAUMA INFORMED PRACTICES ARE INTEGRATED INTO THE DNA OF YOUR ORGANIZATION

HON. REV. EVERETT D. MITCHELL
DANE COUNTY CIRCUIT COURT JUDGE
SENIOR PASTOR, CHRIST THE SOLID ROCK CHURCH

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GOALS FOR OUR WORKSHOP TIME TOGETHER

1. BUILDING A TRAUMA INFORMED CULTURE: SHIFTING THE MODEL
2. MOVING FROM MICRO-CUTS TO MICRO-ACTS OF BUILDING TRUST
3. RECLAIMING HOPE BY ADDRESSING SECONDARY TRAUMA.

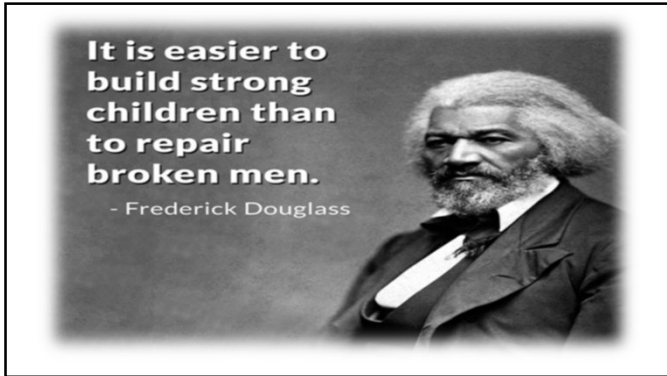
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JUST A LITTLE ABOUT ME!

- DANE COUNTY CIRCUIT COURT JUDGE – ELECTED IN 2016
- SENIOR PASTOR OF CHRIST THE SOLID ROCK CHURCH – SINCE 2011
- ADJUNCT PROFESSOR –UW-MADISON LAW SCHOOL
- PRESIDING JUDGE OVER DANE COUNTY JUVENILE DIVISION
- RUN HIGH RISK DRUG COURT PROGRAM FOR DANE COUNTY
- GRADUATE OF MOREHOUSE COLLEGE, PRINCETON THEOLOGICAL SEMINARY AND UNIVERSITY OF WISCONSIN-MADISON LAW SCHOOL
- SEXUAL ABUSE TRAUMA SURVIVOR -- BOTH AS A WITNESS TO MY SISTER'S ABUSE AND ENDURING MY OWN
- LIVING WITH MENTAL WELLNESS OF POST TRAUMATIC STRESS DISORDER
- IN RECOVERY FOR 13 YEARS
- BELIEVES IN JUSTICE, LISTENING AND HEALING AS VALUES
- ACTIVIST, HUSBAND, FATHER AND FRIEND




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**A FEW IDEAS ABOUT CULTURE:
WHAT IS IT?**


- CULTURE—NOT VISION OR STRATEGY—IS THE MOST POWERFUL FACTOR IN ANY ORGANIZATION. IT DETERMINES THE RECEPTIVITY OF STAFF AND VOLUNTEERS TO NEW IDEAS, UNLEASHES OR DAMPENS CREATIVITY, BUILDS OR ERODES ENTHUSIASM, AND CREATES A SENSE OF PRIDE OR DEEP DISCOURAGEMENT ABOUT WORKING OR BEING INVOLVED THERE.
- VISION AND STRATEGY USUALLY FOCUS ON PRODUCTS, SERVICES, AND OUTCOMES, BUT CULTURE IS ABOUT THE PEOPLE—THE MOST VALUABLE ASSET IN THE ORGANIZATION.



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**A FEW IDEAS ABOUT CULTURE:
WHAT IS IT?**


- "IF YOU REALLY WANT TO KNOW WHAT IS REALLY GOING ON IN MOST COMPANIES, YOU TALK TO THE GUY WHO SWEEPS THE FLOORS. SO I MAKE A POINT OF KNOWING WHAT MY FLOOR SWEEPERS KNOW—EVEN IF IT MEANS SWEEPING THE FLOORS WITH THEM."—CEO
- TALK TO PEOPLE FAR REMOVED FROM THE 'SEAT OF POWER'; ASK THEM HOW PEOPLE ARE VALUED, WHAT MOTIVATES THEM, AND WHAT IS CELEBRATED. AND LISTEN!



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A FEW IDEAS ABOUT CULTURE:
WHAT IS IT?


- CONTROL
- UNDERSTANDING
- LEADERSHIP
- TRUST
- UNAFRAID
- RESPONSIVE
- EXECUTION



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A FEW IDEAS ABOUT CULTURE:
WHAT IS IT?

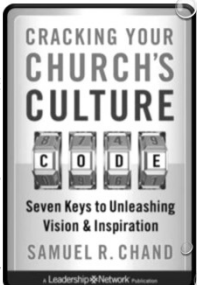
- GREAT LEADERS PUT CULTURAL ISSUES ON THE TABLE AND INVITE HONEST, OPEN AND TRANSPARENT CONVERSATIONS ABOUT CHANGING THE ATMOSPHERE. THEY UNDERSTAND THAT A SUCCESSFUL TRANSITION OF A TEAM'S CULTURE DEPENDS ON THE BUY-IN OF EACH PERSON ON THE TEAM."
- CULTURE IS NOT ONLY WHAT WE DO BUT ALSO WHY AND HOW WE DO IT.
- CULTURE IS ABOUT THE HEART AND HEAD, AND THEN IS SHAPES WHAT WE DO WITH OUT HANDS.



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WHAT IS YOUR ORGANIZATION'S
CULTURE AS IT RELATES TO
TRAUMA? HONESTLY

- IN THE CHAT, PLACE RESPONSES ABOUT THE CULTURE IN YOUR ORGANIZATION RELATED TO TRAUMA?
- HAS YOUR ORGANIZATION IDENTIFIED TRAUMA AS A MAJOR PRIORITY FOR ENGAGING STAFF AND CLIENTS?
- IF NOT, WHO NEEDS TO BE INVOLVED TO BRING THIS CONVERSATION INTO THE CULTURE?



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CRACKING YOUR CHURCH'S CULTURE
 Seven Keys to Unleashing Vision & Inspiration
 SAMUEL R. CHAND
 Leadership Network

WHAT IS YOUR ORGANIZATION'S CULTURE AS IT RELATES TO TRAUMA? HONESTLY

- YOU CANNOT CHANGE AND INFORM YOUR COMMUNITY IF YOU DON'T KNOW THE TRAUMA HISTORY:
- 1. SYSTEMIC TRAUMA TOWARDS CULTURES
- 2. THE LEGACY OF TRAUMA: PERSONAL
- 3. HEALING STEPS TAKEN

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THE BODY KEEPS THE SCORE
 BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA
 BESSEL VAN DER KOLK, M.D.

TRAUMA AND HEALING GUIDE RESOURCE

"TRAUMATIC EXPERIENCES **DO LEAVE TRACES**, WHETHER ON A LARGE SCALE (ON OUR HISTORIES AND CULTURES) OR CLOSE TO HOME, ON OUR FAMILIES, WITH DARK SECRETS BEING **IMPERCEPTIBLY PASSED DOWN THROUGH GENERATIONS**. THEY ALSO LEAVE TRACES ON OUR MINDS AND EMOTIONS, ON OUR CAPACITY FOR JOY AND INTIMACY, AND EVEN ON OUR BIOLOGY AND IMMUNE SYSTEM."

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THE BODY KEEPS THE SCORE
 BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA
 BESSEL VAN DER KOLK, M.D.

TRAUMA AND HEALING GUIDE RESOURCE

"**IMPRINTS** FROM THE PAST CAN BE TRANSFORMED BY HAVING **PHYSICAL EXPERIENCES** THAT **DIRECTLY CONTRADICT** THE **HELPLESSNESS, RAGE, AND COLLAPSE** THAT ARE PART OF **TRAUMA**, AND THEREBY **REGAINING SELF-MASTERY**."

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DEFINING TRAUMA

- T—TROUBLING
- R—REMINDERS
- A—AND
- U—UNFORTUNATE
- M—MENTAL
- A—AFFLICTIONS
- RAMONA DIGGINS
- T—TERROR
- R—REIGNS
- A—AMIDST
- U—UNRELENTING
- M—MISERY AND
- A—ANGER
- CECIE

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HISTORICAL TRAUMA

On September 15, 1963 in Birmingham, AL, at the 16th Street Baptist church, a bomb took the lives of four young girls and injured 22 others. The pastor planned to preach, "The Love that Forgives."

- Cynthia Wesley (14)
- Carole Robertson (14)
- Addie Mae Collins (14)
- Denise McNair (11)



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SYSTEMIC TRAUMA

AN ANALYSIS OF RACE IN THE UNITED STATES



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HOW DID WE GET HERE?
AN ANALYSIS OF RACE IN THE UNITED STATES

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BLACK LIVES MATTER: ORIGIN


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BLACK LIVES MATTER: ORIGIN

IN 2013, THREE RADICAL BLACK ORGANIZERS — **ALICIA GARZA, PATRISSE CULLORS, AND OPAL TOMETI** — CREATED A BLACK-CENTERED POLITICAL WILL AND MOVEMENT BUILDING PROJECT CALLED #BLACKLIVESMATTER.

THE PROJECT WAS IN RESPONSE TO THE ACQUITTAL OF TRAYVON MARTIN'S MURDERER, **GEORGE ZIMMERMAN**.


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**BLACK LIVES MATTER:
ORGANIZING PHILOSOPHY**

BLACK LIBERATION MOVEMENTS IN THIS COUNTRY HAVE CREATED ROOM, SPACE, AND LEADERSHIP MOSTLY FOR BLACK HETEROSEXUAL, CISGENDER MEN — LEAVING **WOMEN, QUEER AND TRANSGENDER PEOPLE**, AND OTHERS EITHER **OUT OF THE MOVEMENT** OR **IN THE BACKGROUND** TO MOVE THE WORK FORWARD WITH LITTLE OR NO RECOGNITION. AS A NETWORK, WE HAVE ALWAYS RECOGNIZED THE NEED TO CENTER THE LEADERSHIP OF WOMEN AND QUEER AND TRANS PEOPLE. TO MAXIMIZE OUR MOVEMENT MUSCLE, AND TO BE INTENTIONAL ABOUT NOT REPLICATING HARMFUL PRACTICES THAT EXCLUDED SO MANY IN PAST MOVEMENTS FOR LIBERATION, WE MADE A COMMITMENT TO PLACING THOSE AT THE MARGINS CLOSER TO THE CENTER.

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**BLACK LIVES MATTER: THE PAIN
OF THE MOMENT?**

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**NAMES OF THOSE INJURED OR MURDERED IN POLICE
VIOLENCE**

- JACOB BLAKE
- GEORGE FLOYD
- BREONNA TAYLOR
- TONY ROBINSON
- ATATIANA JEFFERSON
- AURA ROSSER
- STEPHON CLARK
- BOTHAM JEAN
- MICHAEL BROWN
- PHILANDO CASTILLE
- ALTON STERLING
- MICHELLE CUSSEAUX
- FREDDIE GRAY
- JANISHA FONVILLE
- ERIC GARNER
- AKAI GURLEY
- GABRIELLA NEVAREZ
- TAMIR RICE
- TANISHA ANDERSON

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RACISM: A WORKING DEFINITION

... differences
...rimination definitio

racism

...ic stereotypes behavi
...riminatory behavior
...versial harmf

RACE IS A CONSTRUCT THAT ASSIGNS A BELIEF OF INFERIORITY AND/OR SUPERIORITY BASED ON A PERSON'S SKIN COLOR.

RACISM IS THE INTENTIONAL USE OF LEGAL, EDUCATIONAL, ECONOMICS AND SCIENCE, TO BUILD A SYSTEM THAT CODIFIES AND JUSTIFIES THE IDEA OF INFERIORITY AND SUPERIORITY PARADIGMS

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RACE: THE POWER OF AN ILLUSION



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**RACE:
AFRICAN
AMERICANS**

NOTES ON THE STATE OF VIRGINIA, BY THOMAS JEFFERSON (1785)

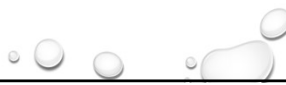
"I ADVANCE IT, THEREFORE, AS A SUSPICION ONLY THAT THE BLACKS, WHETHER ORIGINALLY A DISTINCT RACE, OR MADE DISTINCT BY TIME AND CIRCUMSTANCES, ARE **INFERIOR** TO THE WHITES IN THE ENDOWMENTS OF BOTH **BODY** AND **MIND**...THIS UNFORTUNATE DIFFERENCE OF COLOR, AND PERHAPS **FACULTY**, IS A POWERFUL OBSTACLE TO THE EMANCIPATION OF THESE PEOPLE."

JEFFERSON WAS THE FIRST TO CODIFY RACE IN TERMS OF THE BINARY OF INFERIOR AND SUPERIOR. THIS DEFINITION DEFINED THE RACIST IDENTITY OF AMERICA.

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**RACE:
INDIGENOUS**

PREJUDICE AGAINST NATIVE AMERICANS WAS AT ONCE RACIAL (THEY WERE "COPPERY," "BRONZE," OR OTHERWISE NON-WHITE), RELIGIOUS (THEY WERE HEATHENS WHO ACTIVELY RESISTED CHRISTIAN INDOCTRINATION), CULTURAL (THEY WERE 'SAVAGES' WHO REFUSED TO BE 'EDUCATED' INTO PROPER WESTERN CUSTOMS), AND ECONOMIC (THEY OCCUPIED VALUABLE LAND THAT COULD BE PUT TO "BETTER" USE BY AMERICANS.



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**RACE:
LATINO**

"THE MEXICANS DIFFER, IN EVERY PARTICULAR, FROM THE FOREIGNERS; IGNORANCE AND ITS CONCOMITANT, SUPERSTITION, TOGETHER WITH SUSPICION AND SUPERCILIOUSNESS, CONSTITUTE THE CHIEF INGREDIENTS, OF THE MEXICAN CHARACTER.

MORE INDOMITABLE IGNORANCE DOES NOT PREVAIL, AMONG ANY PEOPLE WHO MAKE THE LEAST PRETENTIONS TO CIVILIZATION; IN TRUTH, THEY ARE SCARCELY A VISIBLE GRADE, IN THE SCALE OF INTELLIGENCE, ABOVE THE BARBAROUS TRIBES BY WHOM THEY ARE SURROUNDED."

THE EMIGRANTS' GUIDE TO OREGON AND CALIFORNIA BY LANSFORD HASTINGS

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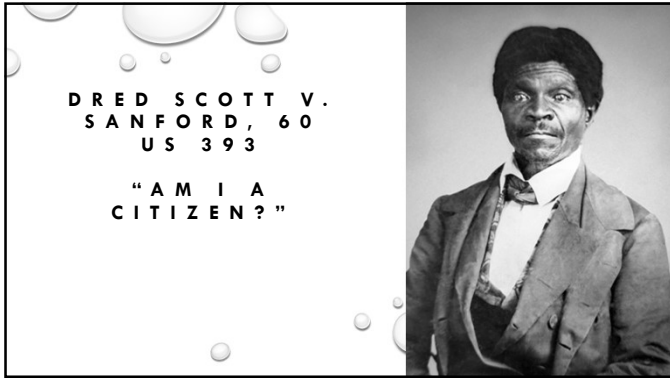
**RACE:
CHINESE**

"THEIR MORAL STANDARD IS AS LOW AS THEIR STANDARD OF COMFORT, AND THOUGH HONEST IN THE PAYMENT OF DEBTS TO EACH OTHER, LYING, STEALING, AND FALSE SWEARING ARE WITH THE CHINAMEN VENIAL SINS—IF SINS AT ALL.

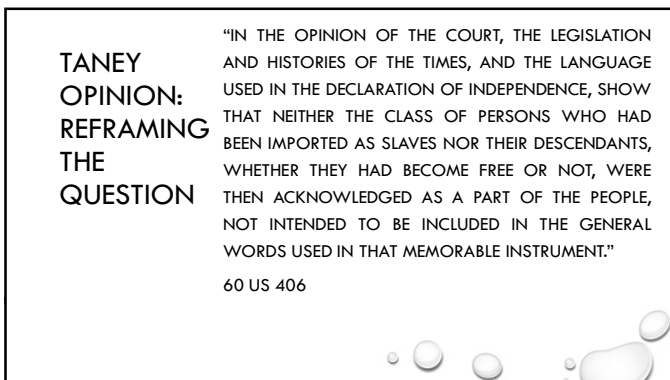
THEY PRACTICE ALL THE UNNAMEABLE VICIES OF THE EAST AND ARE AS CRUEL AS THEY ARE COWARDLY. INFANTICIDE IS COMMON AMONG THEM; SO IS ABDUCTION AND ASSASSINATION."

THE CHINESE IN CALIFORNIA, BY HENRY GEORGE.

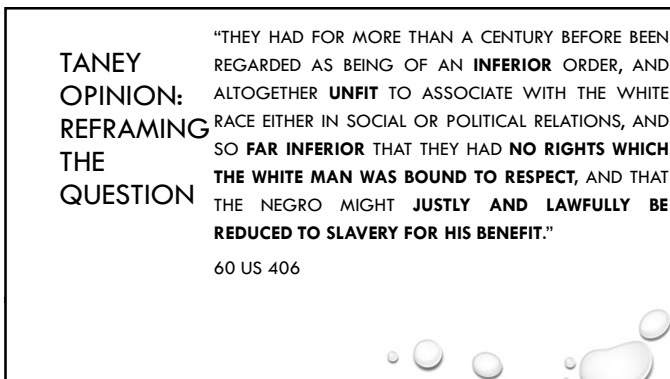
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POP QUIZ TIME: RACE LITERACY

1. HUMANS HAVE APPROXIMATELY 30,000 GENES. ON AVERAGE, HOW MANY GENES SEPARATE ALL MEMBERS OF ONE RACE FROM ALL MEMBERS OF ANOTHER RACE.

- a. NONE
- b. 1
- c. 23
- d. 142
- e. 1008
- f. WE DON'T KNOW

- ANSWER
- A
- THERE ARE NO CHARACTERISTICS, NOT TRAIT, NOT EVEN ONE GENE THAT DISTINGUISHES ALL MEMBERS OF ONE SO CALLED RACE FROM ALL MEMBERS OF ANOTHER RACE.

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POP QUIZ TIME: RACE LITERACY

2. MEMBERS OF A RACE CAN BE IDENTIFIED BY THEIR:

- a. BLOOD GROUP
- b. SKIN COLOR
- c. ANCESTRY
- d. GENES
- e. NONE OF THE ABOVE
- f. ALL OF THE ABOVE

- ANSWER
- E
- THERE ARE NO TRAITS, NOT EVEN ONE GENE THAT IS PRESENT IN ALL MEMBERS OF ONE SO-CALLED RACE AND ABSENT IN ANOTHER. THE A,B, AND O BLOOD GROUPS CAN BE FOUND IN ALL THE WORLD'S PEOPLES. SKIN COLOR TENDS TO CORRELATE WITH THE EARTH'S GEOGRAPHIC LATITUDE NOT RACE.

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POP QUIZ TIME: RACE LITERACY

3. THE RISE OF THE IDEA OF WHITE SUPREMACY WAS TIED MOST DIRECTLY TO:

- a. INDIAN REMOVAL
- b. SLAVERY
- c. THE DECLARATION OF INDEPENDENCE
- d. THE US CONSTITUTION
- e. ANCIENT GREECE

- ANSWER
- C
- IT WAS FREEDOM, NOT SLAVERY, THAT GAVE RISE TO MODERN THEORIES OF RACE. UNTIL THE REVOLUTIONARY PERIOD, SLAVERY WAS AN UNQUESTIONED WAY OF LIFE. IT WAS ONLY WHEN AMERICAN DECLARED "ALL MEN ARE CREATED EQUAL," THAT SLAVERY WAS FIRST CHALLENGED AS IMMORAL.

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POP QUIZ TIME: RACE LITERACY

4. WHICH WAS NOT INTRODUCED TO NATIVES BY WHITES?

- a. AN INDIAN IDENTITY
- b. DEMOCRACY
- c. IDENTITY BY 'BLOOD QUANTUM'
- d. HORSES
- e. MEASLES

• ANSWER
• B

US REPRESENTATIVE DEMOCRACY DREW UPON THE TRADITIONS OF IROQUOIS CONFEDERACY. NATIVES DIDN'T THINK OF THEMSELVES AS INDIANS BUT AS MEMBERS OF SEPARATE TRIBES OR NATIONS, DIVIDED BY LANGUAGE, CUSTOMS AND RELIGIONS. BLOOD QUANTUM, I.E. THE DETERMINATION OF NATIVE ANCESTRY, WAS IMPOSED BY THE FEDERAL GOVERNMENT. THERE WERE NO HORSES IN THE NEW WORLD.

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POP QUIZ TIME: RACE LITERACY

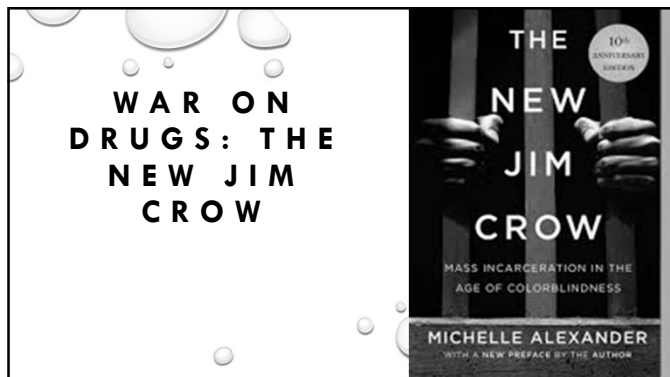
5. TODAY, THE NET WORTH OF THE AVERAGE WHITE FAMILY IS HOW MUCH COMPARED TO THE AVERAGE BLACK FAMILY?

- a. THREE TIMES AS MUCH
- b. EIGHT TIMES AS MUCH
- c. HALF AS MUCH
- d. TWICE AS MUCH
- e. THE SAME

• ANSWER
• C

PROBABLY NO ONE STATISTIC BETTER CAPTURES THE CUMULATIVE DISADVANTAGE OF PAST DISCRIMINATION THAN WEALTH. AS WEALTH GETS PASSED DOWN FROM GENERATION TO GENERATION, THE LEGACY OF PAST DISCRIMINATION ACCUMULATES, GIVING WHITES AND NONWHITES VASTLY DIFFERENT LIFE CHANCES.

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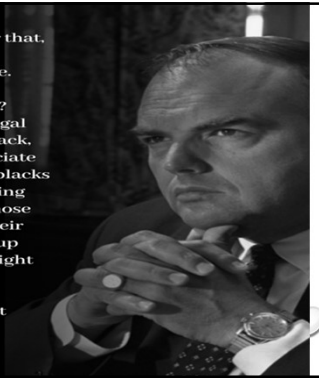
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"The Nixon campaign in 1968, and the Nixon White House after that, had two enemies: The antiwar left and black people.

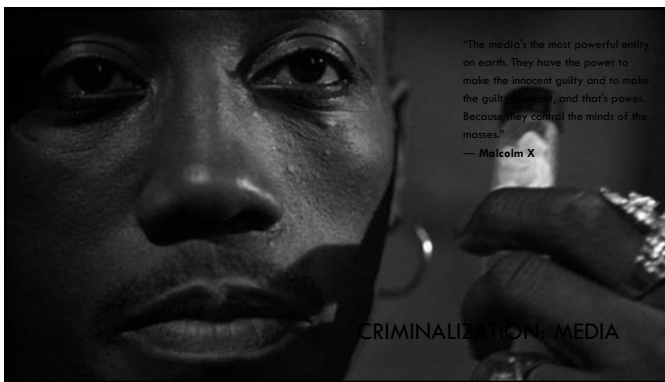
You understand what I'm saying? We knew we couldn't make it illegal to be either against the war or black, but by getting the public to associate the hippies with marijuana and blacks with heroin, and then criminalizing both heavily, we could disrupt those communities. We could arrest their leaders, raid their homes, break up their meetings, and vilify them night after night on the evening news.

Did we know we were lying about the drugs? Of course we did."

- John Ehrlichman
@MENTORMEDIA, INC



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"The media's the most powerful entity on earth. They have the power to make the innocent guilty and to make the guilty innocent, and that's power. Because they control the minds of the masses!"

— Malcolm X

CRIMINALIZATION: MEDIA

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MANDATORY MINIMUMS

- THE ANTI-DRUG ABUSE ACT OF 1986
- PENALTIES INVOLVING MANDATORY JAIL TERMS OF FIVE YEARS UP TO 40 YEARS WILL BE IMPOSED FOR DRUG-TRAFFICKING OFFENSES INVOLVING THE FOLLOWING QUANTITIES.
 - (II) 500 GRAMS OR MORE OF A MIXTURE OR SUBSTANCE OF—COCA LEAVES, COCAINE, SALTS AND COMPOUND MIXTURE (COCAINE)
 - (III) 5 GRAMS OR MORE OF A MIXTURE OR SUBSTANCE DESCRIBED IN (II) WHICH CONTAINS A COCAINE BASE (CRACK)
 - 500 GRAMS OF COCAINE V. 5 GRAMS OF CRACK
- THE REASON FOR THE QUANTITATIVE DISTINCTION...IS THAT THE ALKALOID FORMS OF COCAINE SUCH AS 'CRACK' ARE FAR MORE POTENT AND ADDICTIVE AT MUCH LOWER DOSAGES THAN THE OTHER FORMS OF COCAINE (INCLUDING POWDER FORMS).

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<p>MANDATORY MINIMUMS</p>	<ul style="list-style-type: none"> • THE ANTI-DRUG ABUSE ACT OF 1986 • NO PRIOR OFFENSES <ul style="list-style-type: none"> • A PERSON CONVICTED OF SUCH DRUG-TRAFFICKING OFFENSES WHO HAVE NO PRIOR, FINAL DRUG RELATED FELONY CONVICTIONS MUST BE SENTENCED TO A MANDATORY MINIMUM TERM OF IMPRISONMENT OF FIVE YEARS, WITH A MAXIMUM OF FORTY YEARS IN PRISON • PRIOR OFFENSES <ul style="list-style-type: none"> • PERSONS CONVICTED OF SUCH OFFENSES WHO HAVE PRIOR DRUG-RELATED FELONY CONVICTIONS MUST BE SENTENCED TO A MANDATORY MINIMUM TERM OF IMPRISONMENT OF TEN YEARS WITH A MAXIMUM OF LIFE IMPRISONMENT. • SENTENCING <ul style="list-style-type: none"> • THE ACT PROVIDES THAT A COURT MAY NOT PLACE ON PROBATION OR SUSPEND THE SENTENCE OF ANY PERSON SENTENCED UNDER ANY PROVISIONS PROVIDING FOR IMPOSITION OF MANDATORY MINIMUM TERMS OF IMPRISONMENT.
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<p>THE REALITIES OF TRAUMA AND ABUSE</p>	
	<p>EXPERIENCE EMOTIONAL NUMBNESS SHAME OF MY BODY TORN INNER MAP OF THE WORLD EMOTIONAL FLOODING</p>

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<p>TRAUMA: PERSONAL CHARACTERISTICS</p>	<p>TIME</p> <p>PROTECTIVE PERSONALITY</p> <p>BODY RECORD OF THE EVENT(S)</p> <p>INNER CHILD</p>
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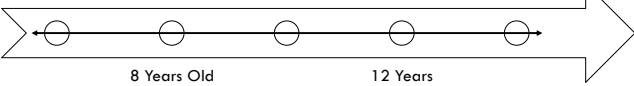


TRAUMA: STUCK IN TIME

- TIME: WHENEVER THE EVENT HAPPENED ENDS UP BEING A MARKER FOR YOUR EMOTIONAL STATE.
- IF THE TRAUMA HAPPENED WHEN YOU WERE YOUNG, THEN YOUR EMOTIONAL STATE IS TIED TO THE EVENT.
- BEING STUCK IN TIME IS IMPORTANT TO REMEMBER FOR THE HEALING PROCESS. WE CAN OFTEN NORMALIZE EXPERIENCES SUCH THAT WE LOSE TRACK OF TIME.

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TRAUMA TIMELINE



6 Years Old
Witness
Domestic
Violence

8 Years Old
Abandoned
Due to
Divorce


10 Years
Old Parent
Incarcerated

12 Years
Old
Sexual
Abuse

25 Years
Old Victim
of Domestic
Violence

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TRAUMA: PROTECTIVE PERSONALITIES



- WHENEVER YOU ARE HURT AND/OR VICTIMIZED **AND** THE PERSONS WHO SHOULD PROTECT YOU DO NOT, A PROTECTIVE PERSONALITY WILL BE CREATED TO **PROTECT** YOU AND **HOLD YOUR PAIN**.
- THIS PERSONALITY IS MEANT TO ENSURE THAT YOU ARE ABLE TO FUNCTION WITHOUT RECEIVING TOO MANY EMOTIONAL BLOWS THAT CAN CONTINUE TO HURT YOU.

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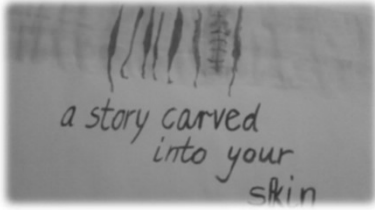
TRAUMA: PROTECTIVE PERSONALITIES



- THERE ARE SOME PEOPLE, DUE TO THE VOLUME OF ABUSE IN THEIR LIVES, WILL CREATE **SEVERAL PROTECTIVE** PERSONALITIES THAT ARE CONSTANTLY TRYING TO DO ANY AND EVERYTHING TO PROTECT YOUR EMOTIONAL WELL-BEING, THE BEST WAY THEY KNOW HOW.
- AS A RESULT, PEOPLE ARE OFTEN BATTLING MULTIPLE PERSONALITIES TRYING TO VIE FOR PROTECTIVE RESPONSIBILITY.

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TRAUMA: YOUR BODY REMEMBERS



WHAT THE MIND HAS FORGOTTEN, THE BODY REMEMBERS LONG AFTER

LILIAS FOLAN
PICTURE QUOTES.COM

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TRAUMA: YOUR BODY REMEMBERS

- YOUR BODY WILL RETAIN THE ENERGY OF THE ABUSE AND LOCK IT AWAY IN YOUR BODY, EVEN IF YOU ARE NOT CONSCIOUSLY THINKING ABOUT IT.
- THIS IS THE PAIN THAT IS TRAPPED IN YOUR BODY LONG AFTER THE SCARS, SCRATCHES AND SWELLING HAVE WENT DOWN.
- TOUCH CAN BECOME A SERIOUS BARRIER TO INTIMACY BECAUSE YOUR BODY MAY NOT RESPOND WELL TO PEOPLE TOUCHING YOUR BODY.

WHAT THE MIND HAS FORGOTTEN, THE BODY REMEMBERS LONG AFTER

LILIAS FOLAN
PICTURE QUOTES.COM

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TRAUMA: YOUR BODY REMEMBERS

- SINCE THE BODY IS CONSTANTLY LIVING IN THIS MEMORY STATE, YOUR VISION OF YOUR BODY CAN BECOME DISTORTED.
- NEGATIVE SELF IMAGE
- BODY NUMBING
- BODY SENSATION
- MUSCLE TENSIONS
- CHRONIC PAIN
- EXCESSIVE BODY IMAGING – EATING OR EXERCISE



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TRAUMA: INNER CHILD



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TRAUMA: INNER CHILD



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TRAUMA: INNER CHILD

- THE PROTECTIVE PERSONALITIES ARE TRYING TO SHIELD THE INNER CHILD.
- THE INNER CHILD CAN OFTEN HOLD ALL THE PAIN THAT HAS HAPPENED AS A RESULT OF THE TRAUMA.
- THE BROKEN CHILD WITHIN IS HURTING AND WILL CRY OUT FOR HELP.



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TRAUMA LEADERSHIP: WHAT IS THE TRAUMA CULTURE OF YOUR ORGANIZATION?

- TRAUMA LEADERSHIP INVOLVES INTEGRATING KNOWLEDGE OF TRAUMA INTO YOUR EVERYDAY PRACTICES, RESPONSES AND POLICIES BOTH TOWARDS CLIENT'S AS WELL AS EMPLOYEES.

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TRAUMA LEADERSHIP: WHAT IS THE TRAUMA CULTURE OF YOUR ORGANIZATION?

- SHIFTS THE FOCUS AWAY FROM WHAT IS WRONG WITH YOU TO A MORE SPECIFIC QUESTIONS OF "WHAT HAPPENED TO YOU?"

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TRAUMA LEADERSHIP: WHAT IS THE TRAUMA CULTURE OF YOUR ORGANIZATION?

- IN RESPONSE TO WHAT HAPPENED TO YOU, THE CULTURE OF THE ORGANIZATION SEEKS TO EMPOWER THE STAFF TO BE INTENTIONAL ABOUT THEIR RESPONSES TO IDENTIFIED TRAUMA.

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THE JOURNEY BEGINS: WHAT HAPPENED TO YOU?



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PRINCIPLES OF HOPE: MICRO-ACTS V. MICRO-CUTS

- SYSTEMS ARE NOT CONSTRUCTED OF ROBOTS, BUT OF EVERYDAY PEOPLE WHO END UP DECIDING THE LEVERAGE POINTS WITHIN ANY GIVEN SYSTEM.
- MICRO-CUTS INVOLVE THE EVERYDAY WAYS IN WHICH WE ENGAGE INDIVIDUALS: COMMUNICATION STYLES, OUR FACIAL EXPRESSIONS, AND BODY LANGUAGE ALL COMBINE TO COMMUNICATE HOW WE THINK.

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PRINCIPLES OF HOPE: MICRO-ACTS V. MICRO-CUTS

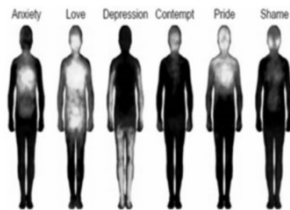
- WE CAN DO MORE HARM THROUGH MICRO-CUTS OF TRAUMA.
- WE CAN HEAL WITH MICRO-ACTS OF KINDNESS ROOTED IN HOPE.

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“MICRO-ACT: DOES YOUR FACE LIGHT UP?”

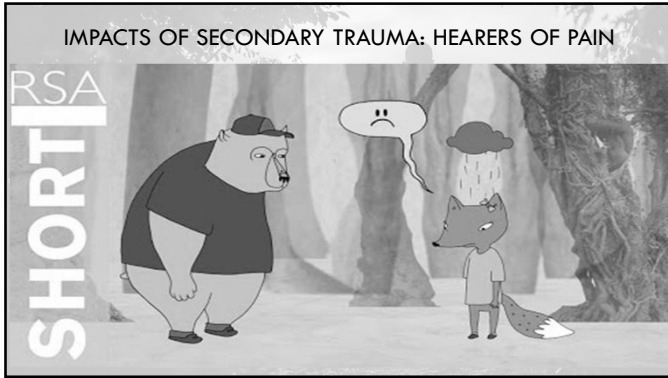


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LISTENING TO TRAUMA CAN INCREASE YOUR STRESS AND MAKE YOU VULNERABLE

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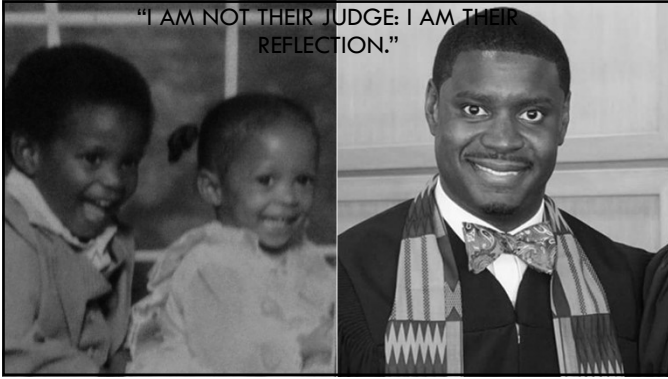
TAKING CARE OF YOURSELF!

- THEATER AND COMMUNAL ACTION IS ABOUT EMBODYING EMOTIONS, GIVING VOICE TO THEM, BECOMING RHYTHMICALLY ENGAGED, TAKING ON AND EMBODYING DIFFERENT ROLES.
- TOOLS: SINGING IN CHOIR, **ACTING**, PRAISE DANCE, DRUMMING CIRCLES, YOGA, MEDITATION, COOKING, SEWING, ROLLER BLADING, SOCCER, ROWING, HIKING, HORSEBACK RIDING, ETC.

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