

WELCOME!

Please Mute if not speaking
Use Chat liberally
Take Care of Yourself
Participate at your comfort level
Break as Needed
Practice kindness and nonjudgement
(for yourself also)
Let us know if you'd like to speak

GOALS AND INTENTIONS

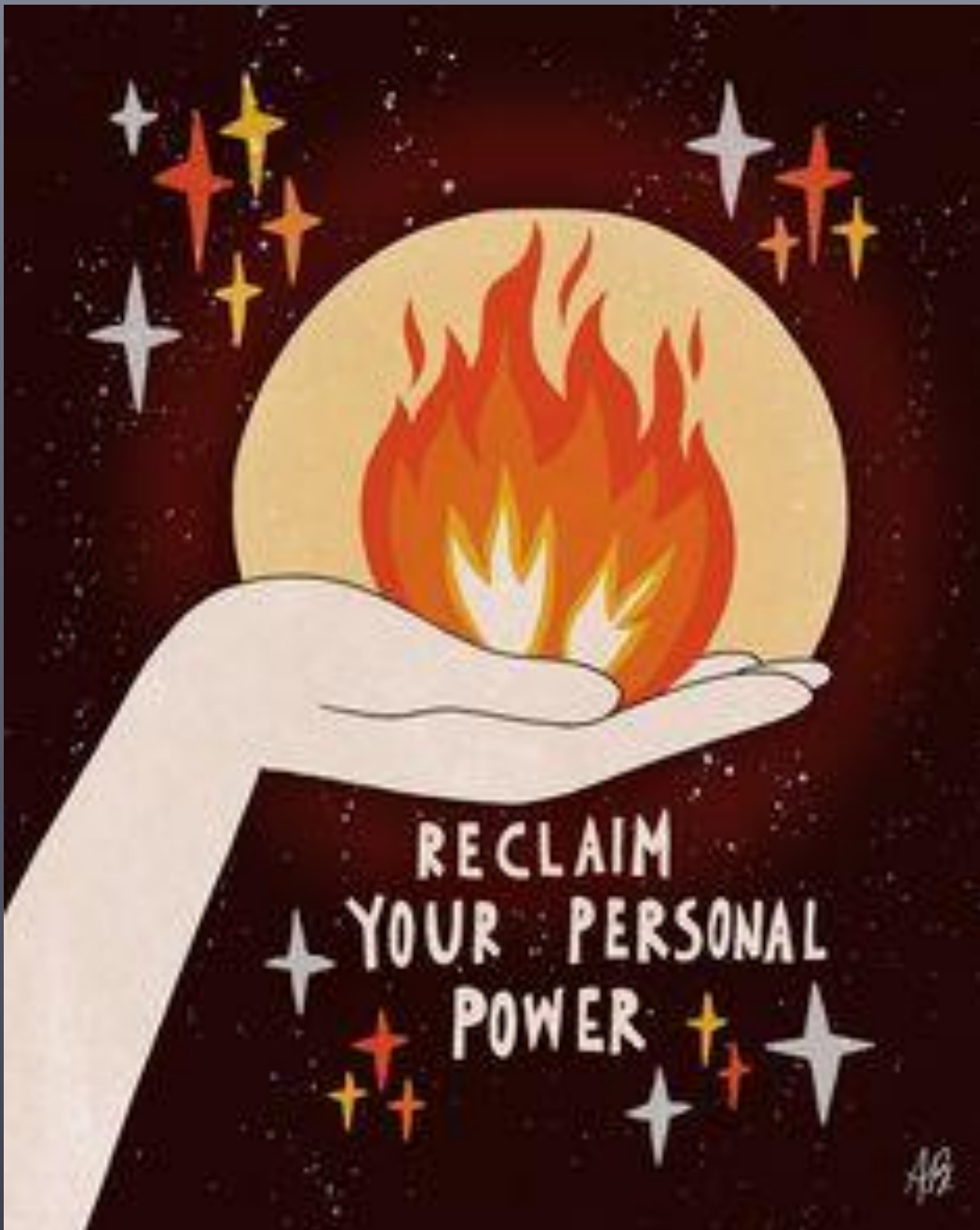


- ▶ Create a supportive space to share insights and recognize the commonalities of the trauma experience
- ▶ To see trauma in a larger context
- ▶ Call out the ways that trauma is intentionally weaponized in systems and institutions
- ▶ Reflect on our societal understanding of victimization and how that harms everyone
- ▶ Build understanding and empathy to bolster our resilience at all levels
- ▶ Offer some tools and practices that can assist in healing



- ▶ American culture assigns different value to each individual based on factors outside of their control and places a huge emphasis on individual responsibility
- ▶ We are all experts in our own experience and are all in different places in our journey
- ▶ Trauma is cyclical and perpetuates itself if not healed
- ▶ Our response to trauma often brings punishment rather than support
- ▶ All of us have more difficulty seeing our own patterns of behavior than someone else's
- ▶ We all benefit from giving and receiving help
- ▶ Our unique perspectives are the gift we share
- ▶ Relationships heal

OUR ASSUMPTIONS



- ▶ Trauma happens in the context of power and control
- ▶ Hurt People Hurt People
- ▶ We are all victims and perpetrators
- ▶ Systems get the results they were designed to get and rarely is that their stated goal
- ▶ Trauma disconnects us from ourselves and each other
- ▶ We craft narratives about victims that allow us to stay uninvolved and justify harm
- ▶ Trauma depletes our individual resources and limits our capacity
- ▶ Inequality hurts everyone and is reinforced

POWER AND CONTROL



- ▶ “You must have done something to cause your victimization”
- ▶ Self- doubt, decreased executive functioning, decreased empathy
- ▶ Coping mechanism available may do further harm and bring more judgement
- ▶ Invalidation- (that never happened, it wasn’t that bad let’s not talk about it, you are the problem, you deserved it)
- ▶ Asking for help brings judgement of your worthiness

THE HARM