



NAPIESV

National Organization of Asian Pacific Islanders

Ending Sexual Violence

Webinar Series

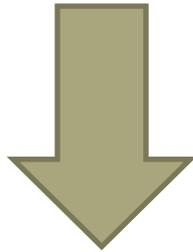
Welcome!

The **National Organization of Asian Pacific Islander Ending Sexual Violence (NAPIESV)** is a newly established organization, fiscally sponsored by Monsoon United Asian Women of Iowa.

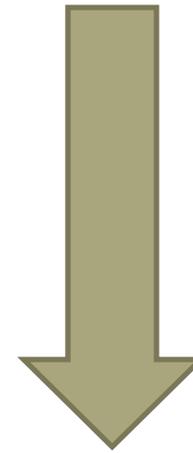
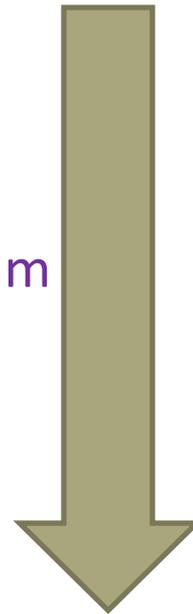
NAPIESV provides technical assistance and support to local/community-based programs and governmental organizations in enhancing their services to victims of sexual violence from the Asian and Pacific Islander communities nationally and in the U.S. territories.

OVW Funded Projects

**National Community Assessments/Listening Sessions
Report (available online) + Summit
(October 2011 to September 2013)**



**Creation of a Sexual Assault Curriculum
(October 2013 to September 2014)**



Monthly Webinars

Peer-to-Peer TA / Organization TA

Next month webinar:

“Organizing with Passion”

Facilitated by Emma Catague of API Chaya

February 11th, 2014

Tuesday

6pm EST

5pm CST

4pm MST

3pm PST

8am Guam/Saipan

10am Am Samoa

*Culturally Specific Trauma-Informed Advocacy –
Working with API survivors*

By

Nina Jusuf

National Organization of Asian Pacific Islanders Ending Sexual Violence

SELF-CARE

TAI CHI ENERGY EXERCISES



The Rocking Movement

Stand with feet separated shoulder-width apart, hands at sides. Raise your heels and with palms facing upwards raise your hands to the level of your chest. Turn your palms downward and move your hands downward while you lower your heels and raise your toes in a rocking movement. Continue slowly rocking back and forth, breathing deeply. With each move drop your shoulders, relax your arms and fingers. Do the exercise smoothly and slowly. Breathe deeply and imagine that your feet are planted securely on the earth. As you raise your hands imagine that you are able to bring down into body and mind healing energy to cleanse and fill you. This is a very beneficial movement for trauma and depression.

The Shower of Light

With left foot forward, raise your hands up over your head, then move them downward as if showering yourself with light. Feel the energy cleansing and filling your being. Repeat on the right side, with right foot forward. Breathe in the shower of light, and then exhale and let go of any negativity within you. Feel the light cleansing and renewing you. This is an excellent for persons who are depressed or dealing with past wounds of trauma.

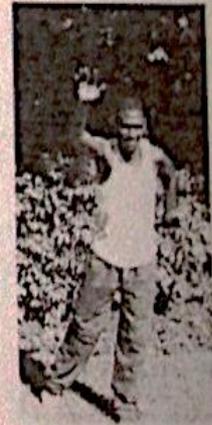


Let Go of the Past and Open to Receive

With left foot forward, palms curved softly downward, push your hands outward in a gentle arc, letting go of all tension, negativity, and violence within you. Turn palms upward and draw them back towards the chest, breathing in peace and healing.. Repeat with right foot forward. Breathe out the pain and violence. Breathe in peace and healing.

Fly through the Air

With your left foot forward, your left hand upward, swim or fly through the air. The motion should be free and light with arms and shoulders relaxed. Repeat the movement on the right side starting with your right hand upward. Fly freely through the air letting go of all that weighs you down, feeling light, alive and free. Open your heart to all the possibilities for your life and healing. This is good to release pain in back, shoulders and head.



What is Trauma – Informed services?

- Trauma-informed services is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives.
- Healing from trauma is the primary goal, and that goal can only be achieved by supporting the whole person.
- Collaborative, supportive and skill-building
- Promotes empowerment for the survivor
- Creates safety, consistency and choice for the survivor
- Avoids re-traumatization of survivor
- Provides an individualistic response, based on that survivor's identity, circumstance and needs

CHANGE the paradigm

- to change the paradigm from one that asks, "What's wrong with you?" to one that asks, "What has happened to you?"

*National Center for Trauma-Informed Care

What is trauma ?

A Traumatic Experience is:

- An event involving death, threat of death, serious wounds or threat to the physical or emotional integrity of oneself or others.
- The response of the person involves intense fear, impotence or horror.

Traumatic Experience

Examples of Traumatic Events:

- Car accident
- Political or domestic violence
- Rape, incest or torture
- Death of family or friends
- AIDS, Cancer, serious illness
- Natural disasters: hurricanes, etc.
- Experiences that cause impotence, helplessness, fear or terror

Common reaction to trauma

Personal Reaction to Trauma

Trauma is different for each person. An individual's reaction depends on: personality, family history, emotional makeup, age, personal relations, culture, support system and resiliency.

Trauma such as, incest, rape or abuse of children, destroys the sense of self-esteem and security in the child and can cause serious problems later in life.

- **Fight-Flight- Freeze Reaction**
- In the moment of danger the fight/flight/freeze reaction is a natural and automatic mechanism to help the body survive. This involves:
- **Increase of:** state of alert, breathing, blood pressure, heart rate, muscle tone, and fight/flight reaction.
- **Lessening of:** function of digestive and reproductive systems, immune system and other systems less needed at the time of danger.

Impact of trauma on an individual

Experiencing crisis: avoiding reminders, intrusive thoughts, hypervigilance, night terrors, body memories, flashbacks, inability to mobilize resources, difficulty sleeping, eating, reduction in awareness, significant impairment in social or academic functioning, suicidal ideations/attempts, sense of a foreshortened future, inability to concentrate, mood swing, numbing out, pretending it didn't happen, feeling shaky and fearful, never wanting to be alone, afraid of everyone

Adjustment and Coping (Surviving): person is *perceived as functioning*, yet internally is experiencing severe crisis, increase in risky behaviors and use of survival skills, avoiding people, places, activities associated with traumatic event, flashbacks/nightmares, restricted range of affect, numbing of responsiveness, some increase in ability to mobilize assistance and resources, (depending on survival skills), decrease of interest/participation in important activities, sleep disturbances, perfectionism (attempt to regain control), sadness, lethargy, unable to feel love, joy, self-blame, feelings of worthlessness and undue guilt

Integrating Experience: Incomplete memories of the trauma may remain, May feel pressure to continually disclose assault, feeling detached or estranged from other, efforts to avoid thoughts, feelings, and activities that remind one of the trauma (survival skills) are transformed into healthier coping skills, Incomplete memories of the trauma may remain, can find positive aspects of healing process, sees being a survivor as *one* aspect of who they are, may decide to share story with others, may want to advocate for others, finds creative and healthy ways to express residual feelings, finds joy again, knows it was *not* her/his/their fault

Impact of trauma in community

Historical trauma is defined as the subjective experiencing and remembering of events in the mind of an individual or the life of a community, passed from adults to children in cyclic processes as 'collective emotional and psychological injury ... over the life span and across generations' (Muid, 2006, p. 36).

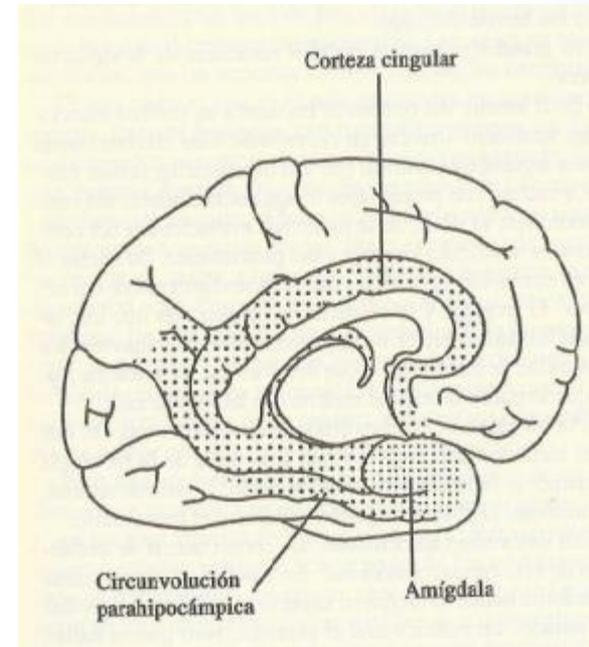
Milroy (2005) gave a comprehensive explanation of how trauma is transmitted across generations and the role of community networks in this transmission:

The trans-generational effects of trauma occur via a variety of mechanisms including the impact on the attachment relationship with caregivers; the impact on parenting and family functioning; the association with parental physical and mental illness; disconnection and alienation from extended family, culture and society. These effects are exacerbated by exposure to continuing high levels of stress and trauma including multiple bereavements and other losses, the process of vicarious traumatization where children witness the on-going effect of the original trauma which a parent or other family member has experienced. Even where children are protected from the traumatic stories of their ancestors, the effects of past traumas still impact on children in the form of ill health, family dysfunction, community violence, psychological morbidity and early mortality. (p. xxi)

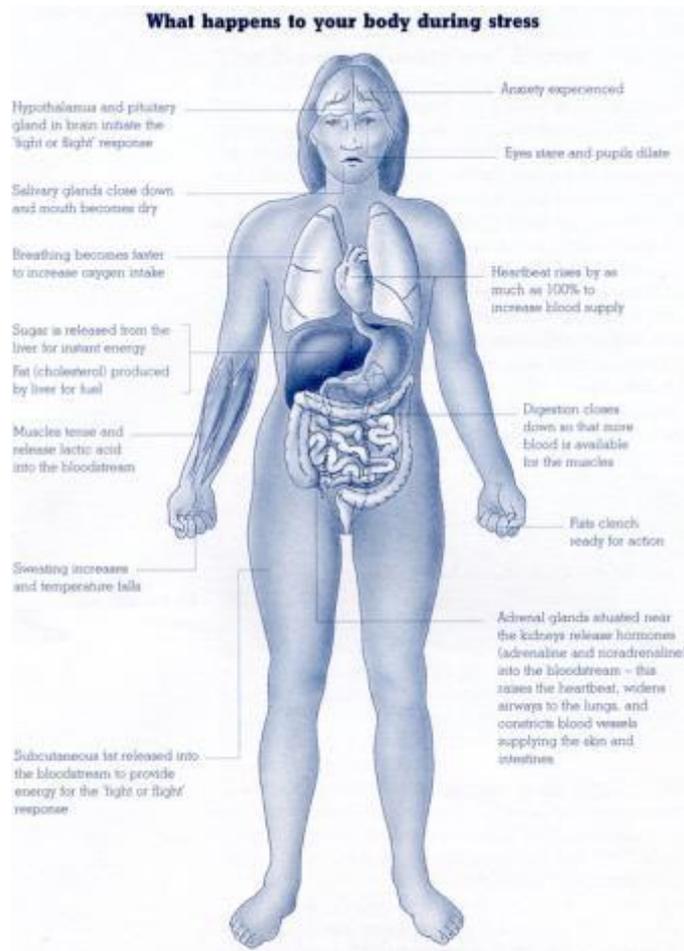
Duran and Duran (1995) suggested that historical trauma becomes embedded in the cultural memory of a people and is passed on by the same mechanisms by which culture is generally transmitted, and therefore becomes 'normalized' within that culture.

Trauma and the brain

- **Cognitive Brain**: the exterior part of the brain that functions as the seat of thought, images, language, logic, memory.
- **Emotional Brain**: the interior part of the brain (including the limbic and reptilian brain) at the base of the skull; the seat of emotions and emotional responses; controls automatic and autonomic physiological responses and the systems of the body—circulatory, circulation, respiratory, digestive, immune, endocrine.
- To heal trauma, stress or depression it is necessary to work with the emotional brain via the body, instead of only using therapies that affect the cognitive brain.



Trauma in the body



Healing trauma through the body

The Instinct to Heal : Dr. David Servan Schreiber

- **Natural approaches to curing stress, anxiety and depression without drugs and without psychotherapy**
- A key to this approach is the inherent "instinct" or wisdom in the organism to return to balance and wholeness.
- Healing occurs through the release of undischarged energy as well as through a strengthening of the natural flow of energy. With the renewed flow of energy the person returns to a state of balance and wellbeing.

Example:

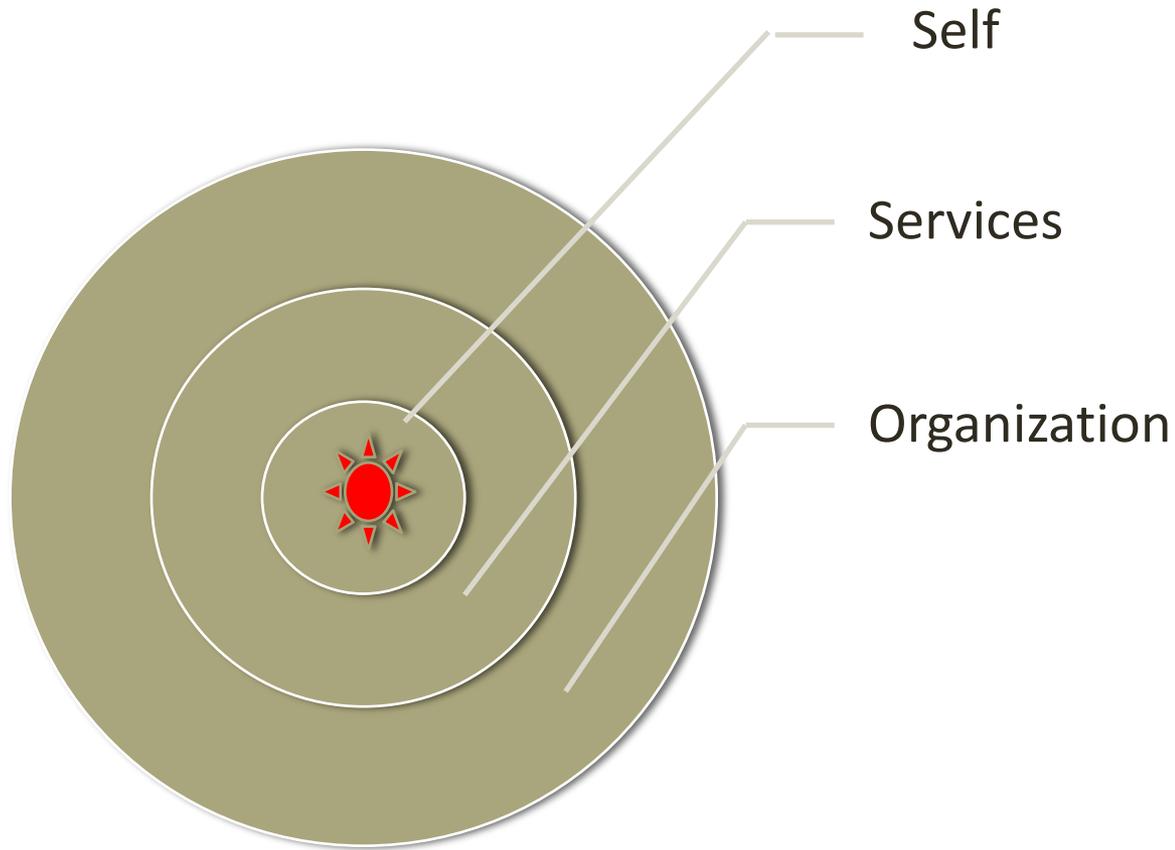
- Capacitar's Multi Cultural Wellness techniques – www.capacitar.org
- Culturally Specific Practices

Trauma and culture

- Pay attention to differences among cultures in how various events are experienced and how trauma is expressed and understood.
- It is important to remember that an individual's interpretation, experience, and expression of trauma are shaped by culture, social context, and personal history.
- What does trauma look like if you already think/feel/believe/got messages that you don't (or shouldn't) have control over your life?

What about socialized, internalized, or generational identity and the trauma attached to it?

Main Areas & Survivors Centered



CORE ELEMENTS OF A TRAUMA - INFORMED CULTURE

Core Elements of a Trauma-Informed Culture	
Safety	Ensuring physical and emotional safety; “do no harm”
Trust	Maximizing trustworthiness, making tasks clear, maintaining appropriate boundaries
Choice	Prioritizing survivor choice and decision-making; supporting survivor control over their own healing journey
Collaboration	Maximizing collaboration and sharing power with survivors
Empowerment	Identifying strengths, prioritizing building skills that promote survivor healing and growth
Cultural relevance	Ensuring cultural applicability of services and options; sensitivity to the role of culture in lived experience and decision-making

Brainstorm

- How can we create and implement trauma-informed service
 - Individual
 - Organizational
- Any methods/strategies you have implemented

Reference:

- Elliott, D., Bjelajac, P., FalLOT, R., Markoff, L., & Reed, B.G. (2005). Trauma-informed or trauma-denied: Principles and implementation of trauma-informed services for women. *Journal of Community Psychology* 33(4), pp. 461-477.
- FalLOT, R., and Harris, M. (2009). *Creating cultures of trauma-informed care (CCTIC): A self-assessment and planning tool*. Retrieved October 21, 2010 from <http://www.medicine.uiowa.edu/icmh/TraumaInformedCare.htm>
- National Center for Trauma-Informed Care
- Capacitar “Living in Wellness Manual”
- Trauma, Transgenerational Transfer and Effects on Community Wellbeing: Judy Atkinson, Jeff Nelson and Caroline Atkinson
- Headington Institute: www.headington-institute.org

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