



IN THEIR SHOES

<https://wscadv.myshopify.com/products/in-her-shoes-living-with-domestic-violence>

GOALS

- ✓ **Increase awareness**
- ✓ **Illustrate Domestic Violence is a community tragedy, not private problem**
- ✓ **Show that we all have a role in the movement to end Domestic Violence**
- ✓ **Encourage everyone to think creatively about the ways we can work to end Domestic Violence**

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INSTRUCTIONS

Report to the station assigned to you on the back of the Agenda

Paired with the person behind you

One will be the “Victim” (makes decisions).

The other will be the “Shadow” (walks along with you)

Keep your voices to a low volume, so that we can minimize the chaos and frustration

Trigger Warning. for those of you who are survivors, please do what you need to take care of yourself—sit down, cry, stop participating, and talk to us afterwards

- 1. Follow the directions at the bottom of each card**
- 2. Make sure you pick up the correct numbered card at the next station**
- 3. Remember to leave the cards at the stations**
- 4. For the Teens and Economic Justice section, make sure to check the back of the card for the perspective of the person the character is dating**
- 5. You will be given a Character Card with a certain color. Stick to that color**



TRAUMA

TRAUMA

- ✓ Is a biological process of an incomplete arousal response of our survival energy
- ✓ Overwhelms the nervous system: Physiological, cognitive, behavioral and spiritual symptoms
- ✓ Disorganizes:
 - ✓ Survival responses in the lower brain structures
 - ✓ Nervous system
- ✓ Leaves it in hyperarousal or immobility response (dissociative/detached)

TYPES OF TRAUMA:

- Child Abuse and Neglect
- Domestic Violence
- Community Violence
- Homelessness
- Refugee and War Zone
- Multi-generational/Historical Trauma (Hx of attempted genocide, colonialism, and/or systematic racism)
- Natural Disasters
- Terrorism (School Shootings)



TRAUMA AND THE BRAIN

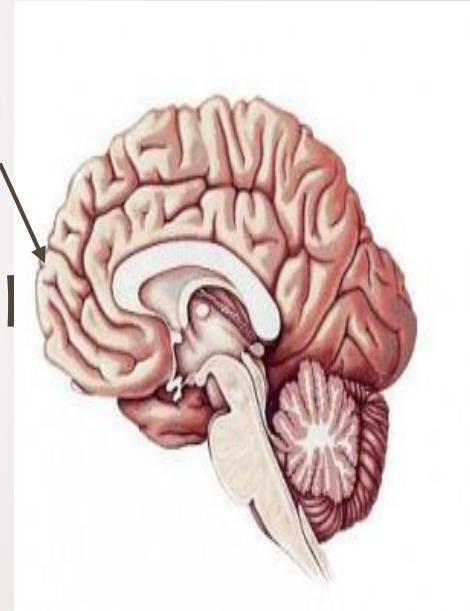
THREE PARTS OF THE BRAIN

1. Forebrain (Neocortex)

Thinking, Language

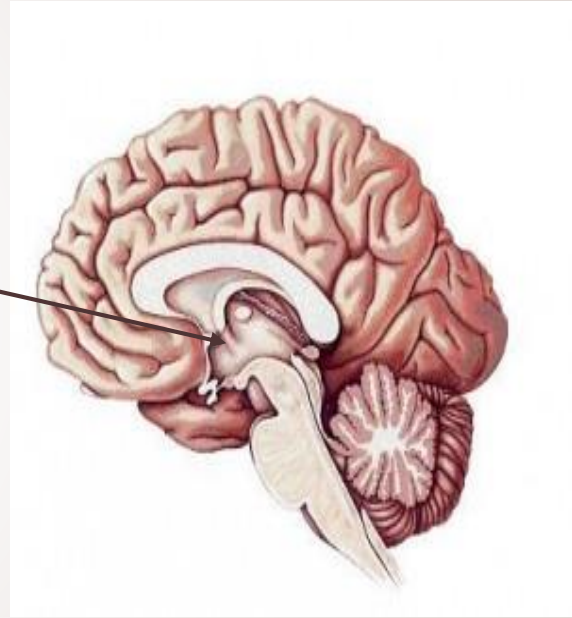
Higher Brain Functions, Rational

Conscious Control



PARTS OF THE BRAIN

2. Midbrain
(Limbic Area/Mammalian)
Feelings/Emotions



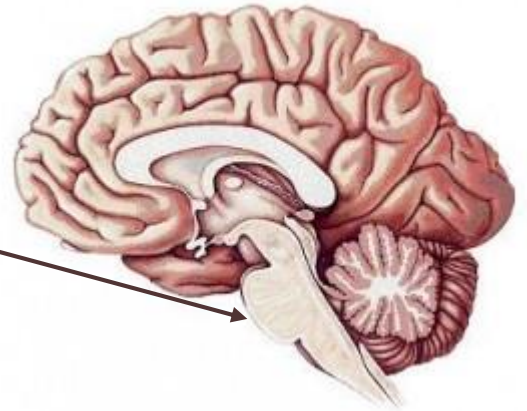
PARTS OF THE BRAIN

3. Hindbrain (Brainstem/Reptilian)

Sensing Autonomic and Instinctual Centers

Breathing, circulation, digestion, reproduction

Fight /Flight /Freeze Response--
unconscious control



Trauma and the Brain

**Why are animals in the wild rarely traumatized despite routine threat?:
“Trauma represents animal instincts gone awry”**

Peter Levine, PhD, (pg32), *Waking the Tiger: Healing Trauma*

Trauma and the Brain

Freeze state:

**Immobility/altered state where time
seems to slow down**

Body and mind seem disconnected

TRAUMA AND THE BRAIN: **FREEZE STATE**

Purpose in Animals:

To shut down system with the ability to reactivate it once danger/life threat has passed or to be in an altered state in which **NO PAIN** is experienced

- ← Once threat has passed, they are able to shake it out and become fully mobile and functional again versus staying in a trauma state or chronically traumatized

TRAUMA AND THE BRAIN: FREEZE STATE

Humans:

Our species has played role of both predator and prey. Our brains often second guess our ability to take life-preserving actions.

When confronted with life-threatening situations, our rational brains may be confused and override our instinctive impulses

BRUCE PERRY, MD, PHD

- Psychiatrist and Senior Fellow at ChildTrauma Academy in Houston, TX.
- Adjunct Professor of Psychiatry and Behavioral Health Sciences at the Feinberg School of Medicine in Chicago, IL
- Internationally recognized authority on children in crisis
- Uses Neurosequential approach: Assesses which regions and functions are underdeveloped or poorly functioning. Works to provide missing stimulation

BRUCE PERRY, MD, PHD

When students are in a continuous state of fear, when they go to school, they can't learn well, because parts of their brain are shut down.



HOW VIOLENCE CHANGES THE BRAIN IN CHILDREN

(YouTube, Tina Brown Live Media, February 1, 2016): <https://www.youtube.com/watch?v=u1Lo8Xpw7lo>

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OTHERS IN THE FIELD

Dr. Daniel Siegel

Clinical professor of Psychiatry at UCLA School of Medicine and Executive Director of Mindsight Institute (“name and tame” emotions vs being overwhelmed by them)

Peter Levine, PhD:

Somatic Therapist (holistic therapy of mind and body)

OTHER INTERVENTIONS

EMDR

(Eye Movement Desensitization and Reprocessing)

EFT

(Emotional Freedom Technique)

Trauma Informed, Art and Music Therapy

**Psychodrama therapy, Brain Gym, and Trauma First Aid
(Crisis Intervention)**

OTHERS IN THE FIELD AND INTERVENTIONS

Alternative/Traditional Healings
Shamanic, Medicine Men and Women

Curader@s

Temazcal/Sweats, Limpias (energy cleansing), Herbalists,
Placticas (heart to heart talking), Reiki, Acupuncture and
Massage

Spirituality and prayer

Poetry, gardening, dancing, being with nature, Tai Chi, Yoga

SHAKE IT OFF

Exercise that integrates Brain Gym and Traditional Healing

Step 1:

Shake appendages

Step 2:

Cross the Right and Left Hemisphere and use wiping strokes down the arms and down the body

Step 3:

Tapping--Cross The Right and Left Hemisphere using tapping movements down the arms and down the body



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