



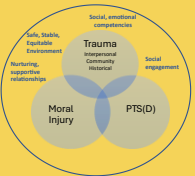



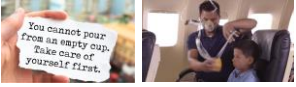




Slides	Learning Objectives	Notes	Key Teaching Points
Module 3: The Impact of Love			
<p>The Impact of Love Promoting Resilience</p>	<p>Transition Slide In this Module, learners will be able to:</p> <ol style="list-style-type: none"> 1. Build Awareness and knowledge of what resilience is. 2. Build awareness, knowledge, and skills in healing centered philosophy and practices. 3. Build knowledge of the crucial function of healthy relationships for people’s well being. 		
 <p>Defining Key Terms</p> <ul style="list-style-type: none"> • Hospitality • Resilience • Healing-Centered 			
<p>Hospitality</p> <p>Hospitality consists of little acts that make space for the growth and nurture of healthy relationships and alleviate the effects of trauma and toxic stress. At its best, hospitality is reciprocal rather than hierarchical. It is circular in its give and take.</p> <p><i>At the service organization level hospitality can result in policies, practices, systems and structures that promote positive staff attitudes, staff retention/loyalty, improvement in staff performance, customer loyalty.....</i></p>			<p>Note the importance of making the connection between authentic hospitality and promoting resilience, fostering a healing centered environment and approach. Point out the reciprocal nature of authentic hospitality</p>

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<p>Resilience</p> <p>Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, spiritual and behavioral flexibility and adjustment to external and internal demands.</p> <p><small>(Adaptation of the American Psychology Association's Definition)</small></p>			
<p>Healing-Centered Approach</p> <p><i>"Healing-Centered" approach</i> is holistic involving culture, spirituality, civic action and collective healing. It views trauma not simply as an individual isolated experience, but rather highlights the ways in which trauma and healing are experienced collectively." (Shawn Ginwright)</p> <p>The focus is on wellness and transforming the policies, systems and structure that cause harm.</p>			
 <p>RISK FACTORS ARE NOT PREDICTIVE FACTORS BECAUSE OF PROTECTIVE FACTORS Dr. Carl Bell</p>			
<p>Healing Factors</p> <ul style="list-style-type: none"> • Protective Factors - processes and relationships that prevent trauma and lessen the effects of trauma. (Examples: Existence of a sense of safety provided by healthy family relationships, organizational programming, practices and policies which recognize individual contribution) • Resilience Factors – processes and relationships that address trauma when it occurs by promoting resilience. (Examples: The infusion of practices such as mindfulness, asset identification, affirmations, resources for employee assistance) 			<p>Protective factors are like a shield that prevents or lessens trauma.</p> <p>Resilience factors are like a “pouring in” of positive matter that counteracts trauma.</p> <p>Point out the elasticity of our brains and spirit.</p>

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 <p>Healing Happens in Relationships</p> <p>"Social support is the most powerful protection against becoming overwhelmed by stress and trauma. The critical issue is reciprocity: being truly heard and seen by the people around us, feeling that we are held in someone else's mind and heart."</p> <p><small>Van der Kolk, 2014, The Body Keeps the Score</small></p>			<p>Emphasize necessity of a holistic approach to relationship (interpersonal, systemic, structural, community and self</p>
<p>What Can You Do Today?</p>	<p>Identifying Assets</p>	<p>Popcorn answers to: What can you personally do to promote resilience?</p> <p>What can your organization do?</p> <p>Revisit the Walk Around Signs and have them post assets that can alleviate or prevent trauma in the events they have listed previously</p>	
 <p>Rather than... What's wrong with you?</p> <p>What happened to you? What have you been through? What is right with your community? What's right with you? How is this behavior helping you? Who are you?</p>			<p>Emphasize the need to change from judgmental mindset to a curious mindset</p>
<p>The Science of Thriving H.O.P.E. Healthy Outcomes from Positive Experiences</p>  <p>Facilitating healthy relationships is the common denominator Being Seen and Valued</p> <p><small>Adapted from Psychology of Women Quarterly, 2018</small></p>			

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<p>Trauma Responsive Communities</p> <p>6 R's</p> <ul style="list-style-type: none"> Realize Recognize Respond Resist Re-Traumatization Repair Resilience <p>Trauma Informed Principles</p> <ul style="list-style-type: none"> • Safety • Trustworthiness • Choice • Collaboration • Empowerment • Cultural, Historical, & Issues  <p><small>(SAMHSA and CDC, with adaptation by Chicago-based Trauma Informed Congregations Network)</small></p> <p><small>AMERICAN HEALTH CARE UNITED STATES HEALTH CARE NEW PART OF ADVOCATES-USA, INC.</small></p>			<p>Emphasize the importance of the Principles, in particular the <i>collaboration with</i> instead of <i>service to</i> or for and the importance of being aware of and sensitive to the context/application of cultural, historical issues.</p>
<p>A Framework for a Trauma Conscious and Healing Engaged Culture--The 6 Rs</p> <p>Realize. People at all levels of congregation have a basic realization about trauma and understand how trauma can affect individuals, families, groups, organizations, and communities.</p> <p>Recognize. People in the organization recognize the signs of trauma and the practices of resilience and HOPE.</p> <p>Respond. Actively practice what we know brings healing and resilience in all areas of the congregation.</p> <p>Resist Re-Traumatization. Be gentle with each other, apply relational healing modes, especially in situations of conflict or disruption.</p> <p>*****</p> <p>Repair. Acknowledge ways in which our faith communities have been sources of trauma through abuse, judgement, rejection and abasement and actively work to repair relationships.</p> <p>Resilience. Trust the power and wisdom of our scriptures and spiritual practices to cultivate resilience and well-being across all ages.</p> <p><small>22</small></p>			
<p>Relational Healing Model</p> <ul style="list-style-type: none"> • Survivor as an expert on themselves <ul style="list-style-type: none"> • Focus on collaboration and decreased dependence on an all-powerful expert • Symptoms as adaptations rather than pathologies <ul style="list-style-type: none"> • How does this behavior help this person? • Boost Self-Capacities <ul style="list-style-type: none"> • Feeling worthy of Life • Managing feelings • Carrying sense of positive connection with another • The relationship itself is the healing intervention • The "person" of the helper matters <ul style="list-style-type: none"> • Do your own work. Build self-awareness. • Attend to vicarious trauma <p><small>(Risking Connection in Faith Communities, Sidran Institute)</small></p>			<p>Emphasize the need to consider how the person's behavior may be helping the person to adapt (give an example: e.g. a person who is adverse to touch may be reacting to previous physical abuse)</p>
 <p><small>(Adapted from Risking Connection in Faith Communities, Sidran Institute)</small></p>			<p>People need a sense of belonging and worth.</p> <p>When we increase people's sense of worthiness, connection, and stability, it reduces crisis and "lid flipping."</p>

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 <p>GESTURES THAT CAN HEAL As a facilitator, caring about a group is not enough. You need to be intentional about building trust, connection, and safety. Gestures that can heal are those that help you connect to others in a meaningful way.</p> <ul style="list-style-type: none"> 1. CELEBRATE: Celebrate the group's success. 2. COMMUNIT: Build a sense of community. 3. COLLABORATE: Work together to solve problems. 4. LISTEN: Listen to each other's needs. 5. INSPIRE: Inspire each other to reach their goals. <p>5 Healing Gestures: https://changingmindsnow.org/gestures</p>			
<p>Self Care A necessary essential for your effectiveness and sustainability</p>  <p>You cannot pour from an empty cup. Take care of yourself first.</p>			Vicarious trauma is real and can lead you to providing harm rather than collaborative healing
 <p>A circular diagram with 12 segments representing different aspects of well-being: Physical, Emotional, Mental, Social, Spiritual, Environmental, Financial, Career, Family, Health, Relationships, and Personal Growth.</p>			There must be a balance in all of these areas.
<p>Resilience Tree adapted from Building Community Resilience</p>  <p>The diagram shows a tree with roots and branches. The trunk is labeled 'Supportive adults & healthy relationships'. The branches include: 'Foster children in foster care', 'Foster youth in mental health crisis', 'Foster justice involved youth', 'Families drawing on their strengths', 'Reduced isolation', and 'Steady employment'. The roots are labeled 'Connected systems & supports' and include: 'Just economic systems', 'Racial equity/ abolition', 'Restorative justice systems', 'Peaceful resolution of global conflict', and 'High quality education for all'.</p>			Emphasize the importance of the soil of healthy systems, structures, communities.