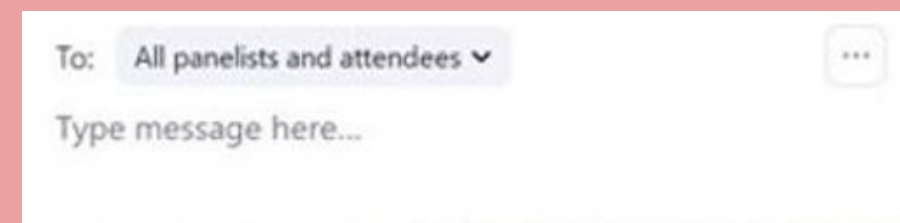


Welcome!

We invite you to **introduce yourself** in the chat with your name, position, and organization affiliation.

MAKE SURE YOU CHANGE THE SETTING SO YOU'RE SENDING THE MESSAGE TO: ALL PANELISTS AND ATTENDEES



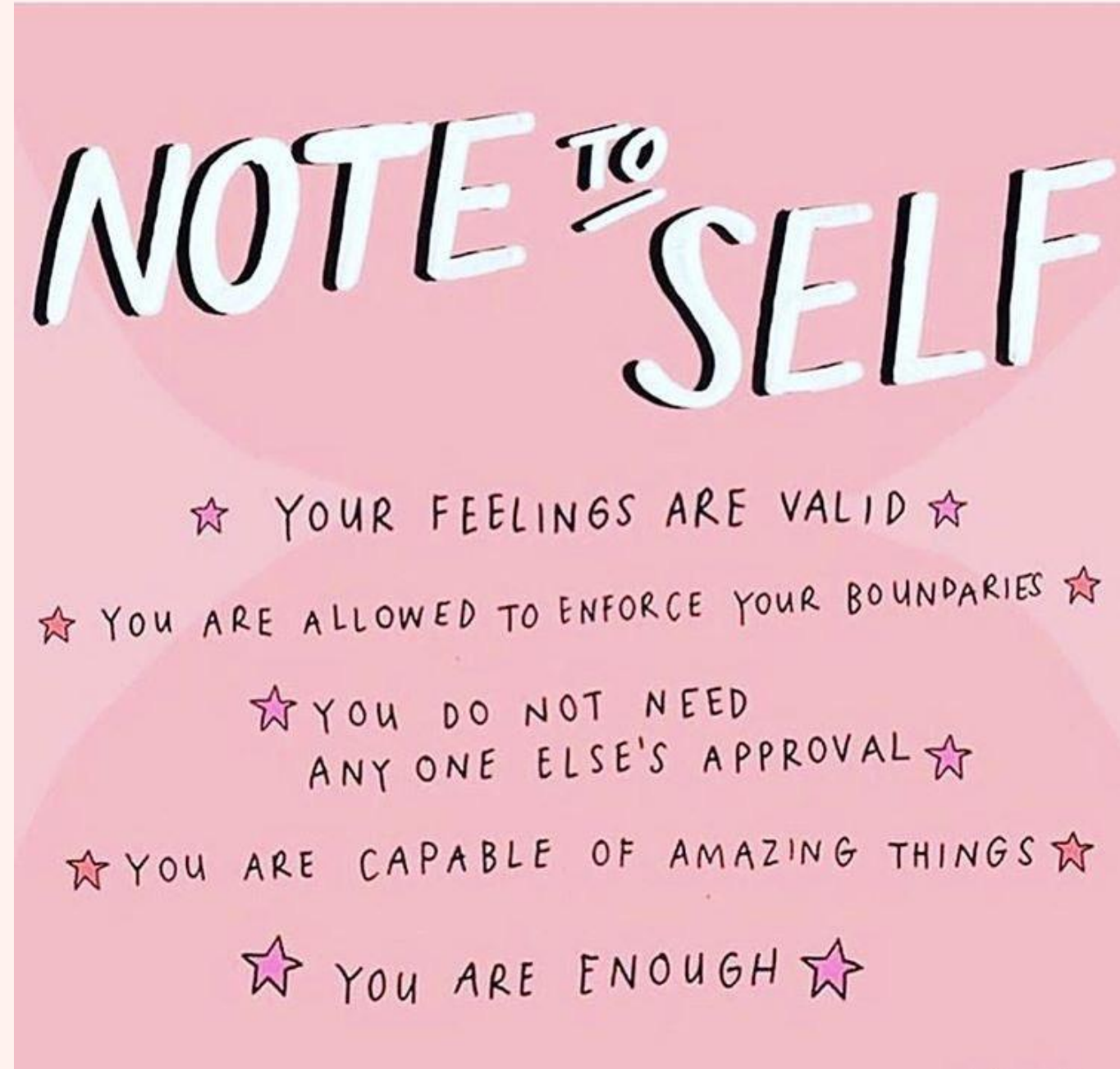
To: All panelists and attendees ▼

Type message here...

If you have a specific question or topic that you would like covered in this webinar, feel free to add it to the Q&A section anytime.



***We will begin promptly at 1pm!**



Thank you for being here!

WE ARE HERE TO SUPPORT YOU

The topics discussed in this webinar may differently impact people depending on their respective experiences. Please do what you need to do to take care of yourself in the next 90 minutes and beyond.



We have a Crisis Resource Advocate on standby- Mary Beth, who you can directly message anytime throughout the webinar. You can also call her at 651-227-8284 and email at resources@wadvocates.org.

Overview of the next 90 minutes

PANEL PROGRESSION



Introduction **1-1:15**

Panelists introduce themselves + poll for audience



Panel Questions **1:15-2:00** **Applied Tools** **2:00-2:10**

Panelists discuss a few pre-determined questions + share some tools



Audience Questions **2:10-2:30**

Opportunity for the webinar attendees to ask the panelists any questions



Meet the Panelists



Meg Kelly

Pre-licensed Mental
Health Therapist and
200-hour Certified Yoga
Teacher



Dorothee Tshiela

Clinical Therapist
Face to Face



Dr. Sheila Sweeny

Psychotherapist &
Consultant
Peaces 'n PuzSouls: Journies
thru Healing



Pethuel LeFlore

Executive Director
Oasis of Love Crisis
Intervention



Rachael Drago

Legal Advocate
Domestic Abuse Project

Meg Kelly, MA, NCC

Pronouns: she/her

Role in the community: Pre-licensed Mental Health Therapist and 200-hour
Certified Yoga Teacher

Contact: m.paigekelly@gmail.com



Meg Kelly, MA, is a National Certified Counselor (NCC), pre-licensed mental health professional, and certified yoga teacher (CYT-200) who currently lives in Minneapolis, Minnesota, and will soon be relocating to rural Indiana in August, 2020. She obtained her M.A. in Clinical Mental Health Counseling from Antioch University, New England in the spring of 2019, and completed her 235-hour yoga teacher training at the Devanadi School of Yoga & Wellness in Minneapolis, MN in the spring of 2020.

In her work as a therapist and yoga teacher, Meg utilizes trauma-informed practices that empower clients and students to increase their self-efficacy, self-compassion, and sense of autonomy in their day-to-day lives. This includes providing coping skills training and psychoeducation, emphasizing breath and body-based interventions, educating clients in boundary-setting and disengaging from harmful situations, advocating for client access to community resources and support, and assisting others in creating change that is sustainable and specific to their needs, and the needs of the people around them. She believes deeply in the reciprocal nature of healing systems and healing our individual selves, and aims to continuously meet her clients and students where they are on their respective journeys.



Dorothee Tshiela, MA,LPCC

Pronouns: she/her

Role in the community:

Clinical Therapist, Outpatient Clinical Supervisor

Organizational Affiliation: Face to Face

Contact: Tshielad@face2face.org



Dorothee Tshiela, MA,LPCC has been working at Face to Face in the Outpatient Therapy program since November 2014. She also provides outpatient therapy in Dakota County at a Cedar Valley in Eagan. She also has previous experiences working with survivors of traumatic experiences. Dorothee uses a trauma-informed approach to empower her clients and work collaboratively within the community to build healthy therapeutic relationships. Her areas of interest include family work, cultural issues, trauma, depression and anxiety.



Pethuel LeFlore

Pronouns: she/her

Role in the community: Executive Director

Organizational Affiliation: Oasis of Love Crisis Intervention

Contact: pethuel@agapeoasis.com



Pethuel is the Executive Director of Oasis of Love Crisis Intervention. Oasis of Love supports the restoration, empowerment, healing, and strengthening of families impacted by domestic violence and sexual assault. Oasis of Love Crisis Intervention is a two-fold organization coupled with Agape 24 hr. Child Development Center located in North Minneapolis. A faith-based organization serving men, women, and children to rebuild and strengthen the communities surrounding them.

Pethuel is a transplant from Chicago, IL, and has been a resident and community liaison in the state of MN for 16 years. She resides in Blaine, MN with her family. Understanding displacement of families due to violence, and having first-hand experience of rebuilding her life, mentally, physically, emotionally, financially, and spiritually, Pethuel is dedicated to seeing families find restoration, inner healing, peace, and success through our programs at Oasis of Love.

Today her efforts, passions, and experiences lead her in this great work of advocacy, training, and teaching others how to thrive past trauma and move from Crisis to Success!



Rachael Drago

Pronouns: she/her

Role in the community:

Legal Advocate

Organizational Affiliation: Domestic Abuse Project

Contact: rdrago@mndap.org



My name is Rachael Drago (she/her/hers) and I work at the Domestic Abuse Project in Minneapolis (DAP) as a Legal Advocate. I hold a BA degree in Sociology of Law, Criminology, and Deviance and Psychology from the University of Minnesota - Twin Cities (UMN-TC). Currently, I am entering into my final year at the U of M. completing my Masters in Social Work with a concentration in clinical mental health. DAP is a nonprofit agency has offered holistic services for the whole family for over 40 years. DAP's mission is to offer trauma informed, client centered care by meeting each individual where they are at in their healing process.

As a Legal Advocate, my primary role is working with survivors of domestic violence supporting them in finding safety either within or outside of the legal system. This includes but is not limited to, writing Orders for Protection, extensive safety planning, supporting breaking leases, and providing survivor follow-up after a police report has been received from MPD.



Dr. Sheila Sweeney, LCSW

Pronouns: she/her

Role in the community:

Psychotherapist/Consultant/Community PsychoEducator

Organizational Affiliation: Peaces 'n PuzSouls: Journeys thru Healing, LLC

Contact: drsweeney@ppjth.com



Dr. Sheila Sweeney is an African American Clinical Social Worker, trained in psychodynamic psychotherapy, with a focus on multigenerational trauma-to-healing experiences; intergenerationally and intersystemically.

More than just your typical therapist, Dr. Sweeney listens, takes interest, understands, and helps to transform trauma stories into healing explorations. Dr. Sweeney uses these techniques to connect with people who do not believe healing is possible. Dr. Sweeney believes that healing is both an individual and collective process.

"Healing experiences should be a birthright, it should be an expectation"

- Dr. Sheila Sweeney





Panel Questions



A FEW QUESTIONS TO
START THE CONVERSATION




What does trauma informed
advocacy or care mean to you?

What does that look like
in practice?







Can someone heal from trauma that they won't identify as trauma?



How can you truly center
a survivor in their
healing process/journey?

How do you
balance promoting survivor
agency and providing professional
guidance?

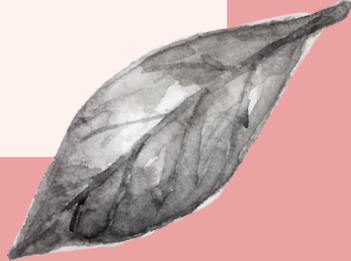







Many survivors struggle with self-forgiveness. How can advocates and providers support survivors through this process?

How do you help a survivor hold two seemingly opposing truths?





What about the healing journey
gets lost when the focus is
consumed with convincing the
victim-survivor to leave
an abusive relationship/household?



How can healing contribute to
breaking the
cycle of violence? (whether
that cycle is within a
relationship or across generations)

How can you incorporate family
systems into this process?





How can we support survivors in
learning how to trust themselves
and others after
experiencing domestic and/or
sexual violence?

How do we build rapport and
discuss boundaries?





What makes someone a survivor?

What is important about the language of
victim versus survivor versus victim-survivor?

What language do you use when you're
working with someone who has
experienced domestic and/or sexual violence?



Note: We did not have time to discuss this question during the panel.





How can survivors truly support one
another?

How do we address comparative
suffering and combat the
disconnection that results from
imposing our own narratives
and experiences on others?



Note: We did not have time to discuss this question during the panel.





Applied Section

Resources & Tools

Trauma Informed Principles

Safety

Service providers in this field ensure that the victims are physically and emotionally safe.



Empowerment

The victim-survivor's strengths are evaluated and validated.

Choice

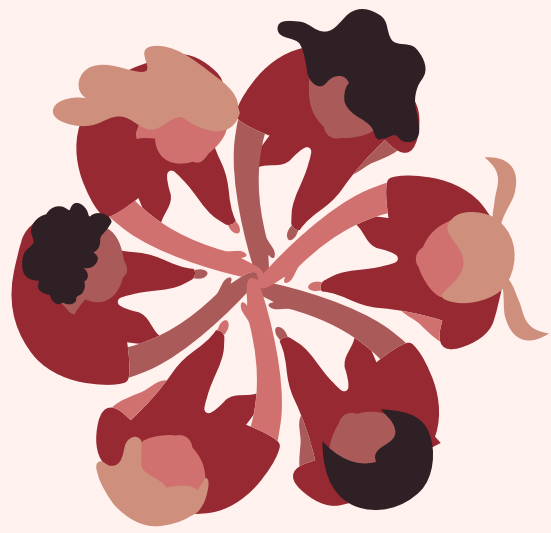
This is to ensure re-traumatization doesn't take place by helping the victims make their own choices however small.

Collaboration & Mutuality

This principle helps create relationships between the service provider and the victim creating a bridge into each other's world.

Trustworthiness & Transparency

Being consistent during treatment helps to build trust and maintain it for quicker healing.



Trauma Treatment Approaches



Prolonged
Exposure
Therapy (PE
Therapy)

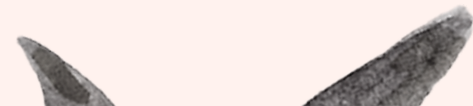
Eye Movement
Desensitization &
Reprocessing
(EMDR)

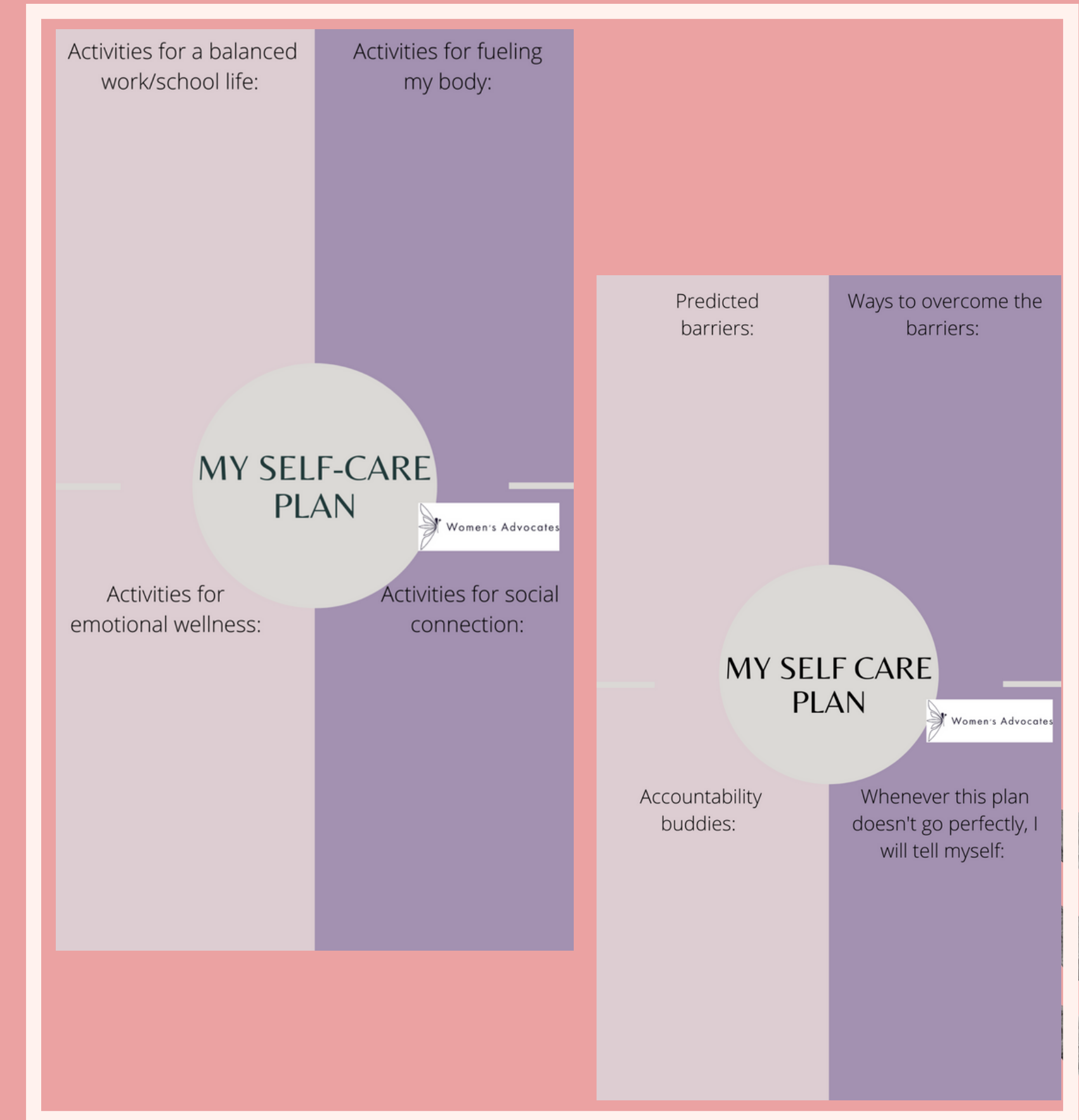
Seeking
Safety

Child-Parent
Psychotherapy

Attachment, Self-
Regulation, &
Competency (ARC)

Trauma-Focused
Cognitive Behavioral
Therapy (TF-CBT)





For Survivors



RESOURCES

- [Trauma Recovery Workbook](#)
- [Life After Trauma: A Workbook for Healing](#)
- [Worksheets, Videos, Guided Information on Various Topics like boundaries, relationships, communication, addiction & more](#)
- [Top 10 Trauma Questions Asked by Patients & Answered by Professionals](#)
- [International Mental Health Support](#)
- [Mind-Body Prescription Book](#)



For Advocates/Providers



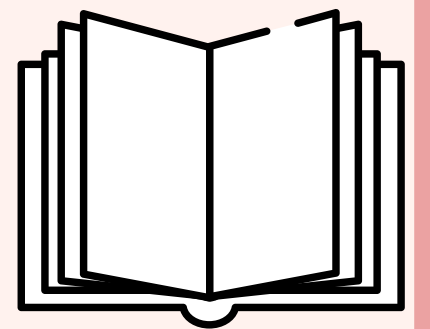
RESOURCES

- [Trauma Informed Care & Domestic Violence Best Practices](#)
- [A Curriculum for Empowerment: Facilitator's Manual](#)
- [Webinar: How Do Survivors Define Success for Themselves?](#)
- [10 Models of Trauma-Focused Interventions for Survivors of Intimate Partner Violence](#)
- [Advocacy Beyond Leaving](#)
- [Trauma Informed Domestic Violence Advocacy](#)
- [Trauma Stewardship](#)
- [Top Trauma Questions Asked & Answered By Professionals](#)
- [TED Talk: Paradox of Trauma Informed Care](#)



Book Recommendations

- Waking the Tiger: Healing Trauma by Peter A. Levine and Ann Frederick
- The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma by Bessel Van Der Kolk - [free audiobook recording here](#)
- The Transformation by Dr. James S Gordon
- The Body Bears the Burden: Trauma, Dissociation, and Disease, Dr. Scaer
- Documentary: Trauma Treatment for the 21st Century.
- What a Time to Be Alone by Chidera Eggerue
- Healing: The Act of Radical Self-Care by Dr. Joi Lewis
- Embodied Healing: Using Yoga to Recover from Trauma and Extreme Stress by Lisa Danylchuk
- How You Can Heal: A Strength Based Guide to Trauma Recovery by Lisa Danylchuk
- Naming the Violence by Kerry Lobel




Downloadable Resources


SPECIFIC TO WOMEN'S ADVOCATES



Women's Advocates Flyer



Women's Advocates Tri-Fold




Women's Advocates Crisis Cards


<https://www.wadvocates.org/our-services/violence-prevention-education/safetyresources/>

Downloadable Resources

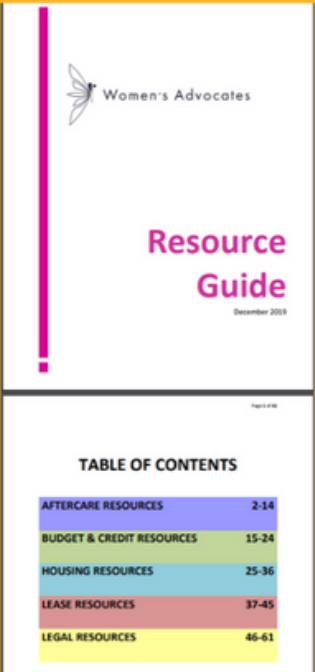
Specific to Minnesota



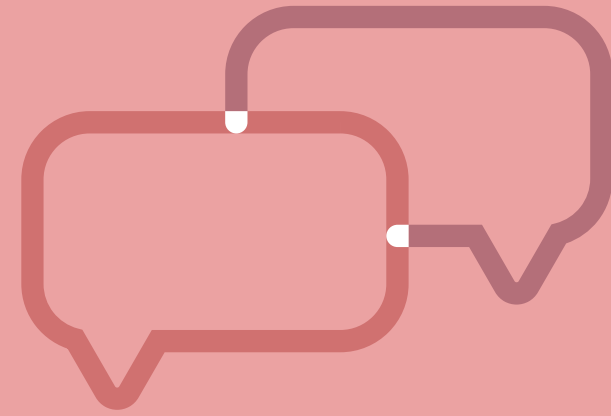
Minnesota Resource Tri-Fold



YOUTH Specific Tri-Fold



60 Page Resource Guide



What questions do you have for the panelists?

Panel Attendees: Submit your questions using the Q&A feature!

Contact Information

REQUEST CERTIFICATE OF ATTENDANCE BY
EMAILING

Brenisen Wheeler, Education & Outreach
Coordinator

bwheeler@wadvocates.org

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