

Sheppard Pratt & Professional Education

Registration is open on ETHOS for:

Social Work Lecture Series: Clinical Supervision: The Tool for Enhancing the Ethical Practice of Those You Supervise

Friday, November 13, 2020, 9:00 am – 12:15 pm,
Online Broadcast, Presented by: Gisele Ferretto,
MSW, LCSW-C

Psychology Workshop: Clinical Work with African Americans: Moving Beyond Cultural Competence

Friday, November 6, 2020, 10:00 am – 11:00 am,
Online Broadcast, Presented by: Danice Brown, PhD

Log into your Ethos account to register to attend
this event for credit.

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1. Remember to take the pretest when you get the reminder email for the lecture on Monday.
2. Set a reminder for the lecture using the reminder email. Save the reminder email in your calendar or copy and paste it into your calendar. Set the reminder 10 minutes early to download and/or print the slides before the lecture.
3. Download the slides anytime from the day before to right at the beginning of the lecture. (The link to download the slides is in Venue in the activity page on Ethos. You don't have to be logged in to access it.)
4. Click on the link to watch the online broadcast. (The link is in Venue in the activity page on Ethos. You don't have to be logged in to access it.)
5. Email the code word to cme@sheppardpratt.org
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Learning Objectives

After attending this program, participants will be able to:

1. Identify individuals and groups most vulnerable to sexual assault, and strategies to assist them.
2. Practice effective trauma informed crisis management skills to assist survivors.
3. Provide survivors with community resources that can help them reduce trauma and navigate the healing process.



Do No Harm: Working with Survivors of Sexual Violence

24/7 Confidential Helpline

Mothyna James-Brightful, MS
& Elisabet Martinez, LCSW-C, LICSW

TurnAround

Baltimore City/ County

- Private nonprofit in Baltimore City & Baltimore County
- Provides services to victims of sexual assault, intimate partner violence, child molestation & human trafficking
- Group and individual counseling
- Community Education & Training
- Emergency Shelter
- Anti-Trafficking Program
- Crisis Response
- Case Management/ Advocacy
- Legal Support Services



What is Sexual Assault?

- Unwanted sexual contact.
- MD Legal Definition: “any act that involves sexual molestation or exploitation of a child by a parent or any other person who has permanent or temporary care or custody or responsibility for supervision of a child, or by any household or family member.”

7

Includes:

incest, rape, or sexual offense in any degree; sodomy; and unnatural or perverted sexual practices; sexual advances, kissing or fondling prostitution, or allowing permitting, encouraging, or engaging in obscene or pornographic display, photographing, filming or depiction of a child as a prohibited by law.

Main forms in Workplace...



There are two types of Sexual Harassment:

Quid Pro Quo

- – Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when (1) submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment, or (2) submission to or rejection of such conduct by an individual is used as a basis for employment decisions affecting the individual.

Hostile Work Environment

- – Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or creating an intimidating, hostile, or offensive working environment.

Emotional Concerns

Ī L LĀNĪI ȚĀKĒĂ Ī ĂĪ NĪMHJĂȚHMKH

- LĪ JĪ QĪJHKĪ
- JĒ NĀĂĪ JĪ QĪ LȚĪ Ī K
- Ī MĪȚ
- Ī KĪHĪȚHĒĒKĪ KĒDLĪ HKĪ
- IJĪ LȚĪL NĒĂĪ KĒĪ ĂĪ Ī ĂĪ LĒL KĪHJĂĒHĪ Ī ȚN
- I L KĪ MĒĪL KĪHĒL MĒĂĪ NĒHKĪJĂĪ NĪMHJĂĪJ KĒȚN
- HKĪ Ī L
- IJĪ LĒĪ LĒĪL K





LÖRHOEHSRÖÖRTÖRÄ ÖS

- Main goal is counseling for the victim
- Before reporting
- **LÖFOÄ UOS ÄEÖSOEİ ŠOSÄJŠOÄ, OŠŠTİSPB**



ŁOSSŠTROEASAPÖAS ŠRÖÖ

- **Pu TTTİSPÄÖİS İSÖRÖÖTPEÄ**
- Within 120 hours SAFE exam
- Campus team to respond (student only)



ŁOSSŠTASAHÖR ŠTŠAGTİPSSŠTİHÖSÄL TFÖÖRTÄK RŪA

- No SAFE exam
- Only if offender attends the school



MPÖTÄÖŠÖAPÖK ŠTİRŠÖÖ

Supporter Do's and Don'ts



IJL

JRŦOS

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Í ŠØŦŦÓPCE

Î ŠŦŠU ÄŦOEBÄŦŦCE

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FRÖS OÄŦOOS

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K ÖRÖÄŦOOS ÄØŠŠ PŠŦÄŦŦŦ

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Avoid judgemental statements / behaviors

YOU ARE
NOT
ALONE

What to say to a survivor:

- You are not alone.
- I believe you.
- This was not your fault.
- Are you open to getting medical attention?

Motivational interviewing:

Ask Permission:

“Do you mind if we talk about...”

“Can we talk a bit about...”

Affirmations:

“I know this is difficult, thank you for your honesty...”

Avoid judgment and know your resources.

Resisting the ‘Rightening Reflex’



When a survivor is a child:

- JÌL·ÉÍ K
- HÍ ĀĤHÙÍ KĹĀ
- HÍ ĀĤNĤLÍ Ā Ī ĀĹ MĹĀL KÍ
- ȤHJ ĀL ĀĬ Í Ā Ī ĬJĀJĹÍ Ī ȤN
- Ī Ī L L LÍ ĀĤĤĤĪ Ī ĀJĤ Ī ĀL ĀĤJ
- M·Í ĀJ NÍ J L KÍ KȤHJNĀĤLĹĹĹ ĹĹĪHÍ ĀĤKĪ MHĪ Í



Handling a Disclosure from a Child

- Under-react (child may retract statement)
 - Believe the child
 - Listen to the child (do not interrupt or ask clarifying questions)
 - Reassure the child
 - Praise the child for telling
 - Do not make any promises
- * Screen other children in family...
- * How to approach parents...

Reduce Retraumatization:

- Í ĽĤĤŬĹĬ ĂĤĪ Í ĽŬ
 - ÌĬ ĶŬĪ NĂĤMĹĹ ĽĽĂ
 - ĽĬ ĽĪ ĶĪŃ ĂŃĪ Í ĶĂĹ MĂĤĹĬ Ă ĽĪĶĪ ĂĽĂĤĹĈ
 - ÌĬ ĶŬĪ NĂĹĬ ĽĽMĹĬ Í ĽĈ
 - Ĥ ĂĂĤĤĪ Í ĂĴĤĪ

- ĤĤĪ Ă ĽĽMĶĪĶĪ ĂĴĪŬĽ
 - ÉÇÇÇÇ





Where's the intersection?

What is Human Trafficking

“Severe forms of trafficking in persons” is defined by the U.S. Trafficking Victims Protection Act (TVPA) of 2000 as:

(A) SEX TRAFFICKING: the recruitment, harboring, transportation, provision, obtaining, patronizing or soliciting of a person for the purpose of a commercial sex act, in which the commercial sex act is induced by force, fraud, or coercion (or where victim is a minor); or

(B) LABOR ¹⁸TRAFFICKING: the recruitment, harboring, transportation, provision, or obtaining of a person for labor or services, through the use of force, fraud, or coercion for the purpose of subjection to involuntary servitude, peonage, debt bondage, or slavery.

"Trafficked persons are particularly susceptible to sexual assault and exploitation."



"Traffickers commonly use sexual violence as a tool to assert power and control."

Freedom Network





DEPARTMENT OF JUSTICE defines domestic violence as:

"a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone."

20

"Intimate partner sexual assault and rape are used to intimidate, control and demean victims and survivors of domestic violence."



"Victims who are both physically and sexually abused are more likely to be injured or killed than victims who experience one form of abuse."

Complex Trauma



Exposure to multiple traumatic events, often of an invasive, interpersonal nature. These events are severe and pervasive, such as abuse or profound neglect. They usually begin early in life and can disrupt many aspects of a child's development and the very formation of a self.

Since they often occur in the context of the child's relationship with a caregiver, they interfere with the child's ability to form a secure attachment bond. Many aspects of a child's healthy physical and mental development rely on this primary source of safety and stability."

TRAUMA IS NOT LINEAR



STRESS

The National Scientific Council on the Developing Child (2014) outlines three classifications of stress:

•Positive stress:

- moderate and brief
- normal part of life.
- Important to healthy development

•Tolerable stress:

- Can alter the developing brain negatively
- Occur infrequently and give the brain time to recover

•Toxic stress:

- strong, recurrent, and persistent
- activation of the body's stress response system

25

UUU@OHUOBT@ŠT

Positive
Stress

→ Brief Increase in heart rate and stress hormones, then a return to normal functioning.

Tolerable
Stress

→ Heightened temporary stress response. Safeguarded by healthy and supportive relationships.

Toxic
Stress

→ Regular and consistent stress response activation. Intensified by lack of resources and limited supportive relationships.

[The Center on the Developing Child. Harvard University. \(Clickable link\)](#)



Psychological Presentation:

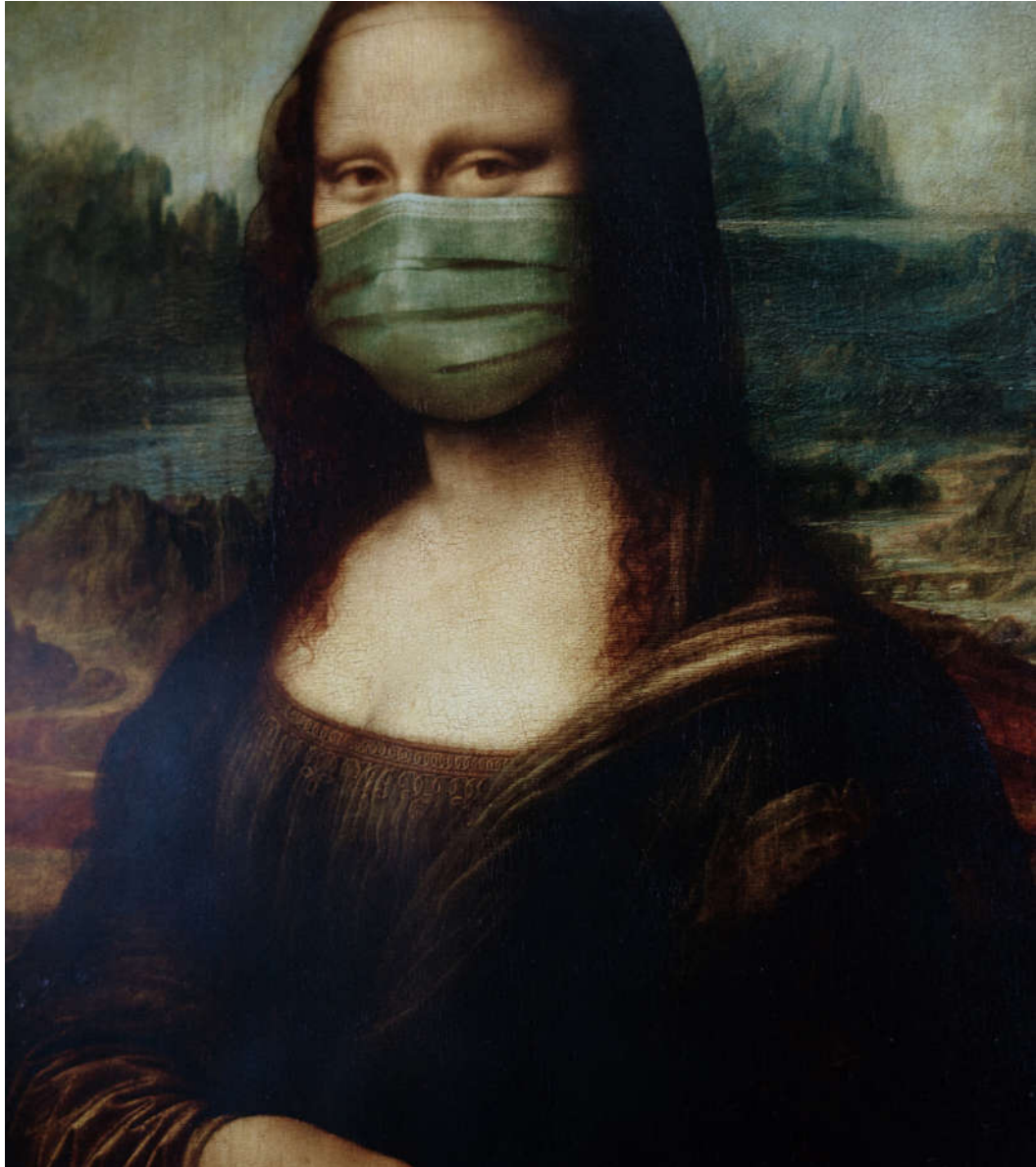
- Anxiety/panic attacks
- High risk behavior
- Bi-Polar disorder
- Depression
- Dissociation
- Unhealthy coping behavior
- Irregular sleep patterns
- Nightmares
- Numbness
- PTSD- Hypervigilance, avoidance, re-experiencing, hyper-arousal
- CPTSD-difficulty with emotional regulation, dissociation, somatic distress, negatively affected belief system.

27

And
then
there is
COVID

...

28





İ ÜNŦEİSTÜQPÄ TŦSTÜÖÄ



Trauma Informed Approach:

A trauma-informed approach incorporates:

- **Realizing** the prevalence of trauma
- **Recognizing** how it affects all individuals involved with the program, organization or system, including its own workforce.
- **Resisting** re-traumatization

Responding by putting this knowledge into practice.



Trauma Informed Approach:



Principles of a Trauma-Informed System of Care:

- Safety – ensuring physical and emotional safety
- Trustworthiness – maintaining appropriate boundaries and making tasks clear
- Choice – prioritizing (staff) consumer choice and control (people want choices and options; for people who have had control taken away, having small choices makes a big difference)
- Collaboration – maximizing collaboration
- Empowerment – prioritizing (staff) consumer empowerment and skill-building

Trauma Informed vs. Trauma Specific

Strategies

33

CRISIS RESPONSE

Reduce distress

Address safety

Identify and validate healthy coping skills

Psychoeducation on trauma symptoms



GUIDELINES FOR TREATMENT

Normalize and validate feelings

Non-judgment

Compassion

Develop and maintain therapeutic relationship

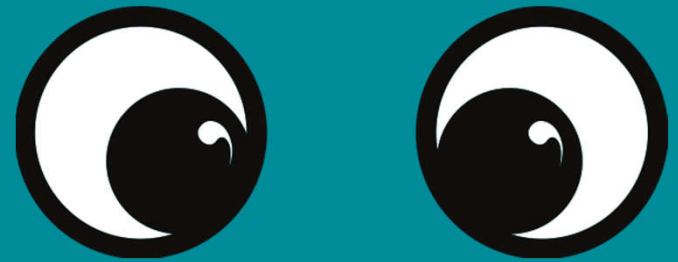
Help survivor manage symptoms



What to Expect

- Process guilt and shame
- Teach grounding techniques
- Help survivors reconnect with their bodies/feelings
- Help survivors stay connected
- Encourage self-care
- Foster resilience

Gūs y̆pèlpi Āf đj plūy̆f ɯA





FRAMEWORKS

- **Psychodynamic**
- **Trauma Focused-CBT**
- **EMDR**
- **Cognitive Processing**
- **Prolonged Exposure**

Case Study





Newsweek  **SUBSCRIBE >** 

MY TURN

'We Are Therapists. After 6 Months of Lockdown, We're Almost at Breaking Point'

DR. JESSI GOLD AND DR. STEPHANIE ZERWAS 40

ON 9/8/20 AT 5:15 AM EDT

npr **WAMU 88.5**  **DONATE** 

Shots

THE CORONAVIRUS CRISIS

Helping Hands Need A Break, Too: How To Lend Support Without Burning Out

October 17, 2020 · 7:00 AM ET

JULI FRAGA KELSEY CROWE



Hanna Barczyk for NPR

Three R Approach to Burnout

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Compassion Fatigue

CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK

Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing the work with care, energy, and compassion.

10 things to do each day

1. Get enough sleep.
2. Get enough to eat.
3. Vary the work that you do.
4. Do some light exercise.
5. Do something pleasurable.
6. Focus on what you did well.
7. Learn from your mistakes.
8. Share a private joke.
9. Pray, meditate or relax.
10. Support a colleague.

42

**For More Information see your supervisor or visit www.istss.org,
www.proqol.org and www.compassionfatigue.org**

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FOCUSING YOUR EMPATHY

Your empathy for others helps you do your job. It is important to take good care of your feelings and thoughts by monitoring how you use them. The most resilient workers are those that know how to turn their feelings to work mode when they go on duty, but off-work mode when they go off duty. This is not denial; it is a coping strategy. It is a way they get maximum protection while working (feelings switched to work mode) and maximum support while resting (feelings switched off-work mode).

How to become better at switching between Work and Off-Work Modes

1. Make this a conscious process. Talk to yourself as you switch.
2. Use images that make you feel safe and protected (work-mode) or connected and cared for (non-work mode) to help you switch.
3. Develop rituals that help you switch as you start and stop work.
4. Breathe slowly and deeply to calm yourself when starting a tough job.

CLICK
HERE



for self assessment

Resources



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ĶŠĀK ŠŌĒ

ĶŌĪŠŠŌĪĀ ŌĪŌĪĪŌĪŠ ŌĪŌĪĀ: ŪŌĪĪĀĶŌĪŠĪŌĪĀ



TIME FOR
REVIEW

turn
AROUND
the first place to turn

[COMPLETE THE EVALUATION CLICK HERE](#)

Thank you!

YOUR TRAINIERS:

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Access Services: 410-377-8111

References

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<https://www.helpguide.org/articles/ptsd-trauma/recovering-from-rape-and-sexual-trauma.htm>