

Strategies for Trauma and Resilience (STAR)

A mother in Gaza entertains
her children
(CNN news 17 April 2020)

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For
Pennsylvania Housing Finance Agency
Network of Service Coordinators and Case Managers
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Today

Essential questions:

How do I support residents in this time?

How do I start with myself?

Centering
Content
forecast*

STAR

- Background
- Brief definitions

What's going on?

- Resources
 - Dynamics
 - Responses
 - Needs
- STAR models

More resources

- Personal practices
- Q&A

We are going to be inviting you to use the Q&A area during this presentation.

*Note: This presentation may reference racism, poverty, gun violence, domestic violence, addiction and mental health challenges.

Quick tech set-up

On your smartphone/iphone: please log in to Poll Everywhere so we can gather feedback when we finish.

Pollev.com/katiemansfie222

A username will automatically be generated for you

We'll come back to that later. Thanks!

STAR so far

2001

←
Original
workshops
(2002)



The collage features several STAR workshop materials:

- STAR for Youth**: A booklet with a yellow star and silhouettes of children.
- Family STAR**: A booklet titled "Breaking the Cycle of Violence" with a white cover.
- Village STAR**: A booklet with a blue cover showing silhouettes of people on a globe.
- TRANSFORMING HISTORICAL HARMS**: A booklet with a yellow cover and a gear icon, presented by "COMING TO TABLE".
- Journey Home from War**: A booklet with a white cover and a military helmet icon.
- Ecology of Resilience**: A booklet with a photograph of a river and a circular logo.
- Morning Star**: A booklet with a blue cover showing people carrying water.
- Quraca Nabadda**: A booklet with a colorful cover showing a group of people under a tree.
- Sexual Harms**: A booklet with a teal cover titled "Strategies for Trauma Awareness & Resilience (STAR)".
- THE CENTER FOR JUSTICE & PEACEBUILDING**: A logo at the bottom center featuring a stylized bird.
- STAR info**: A teal hexagonal graphic on the right side.
- STAR logo**: The main logo at the bottom right, consisting of a red star and the text "STAR Strategies for Trauma Awareness and Resilience".

- Typically a 5- day training
- Participants from >65 countries
- Delivered in 23+ countries so far
- Translated into >10 languages



Photo taken on land of Central Sierra Miwok and Northern Paiute

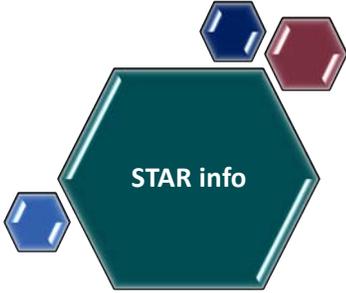
Brief definitions

Trauma

When our ability to respond to threat is overwhelmed (P. Levine)

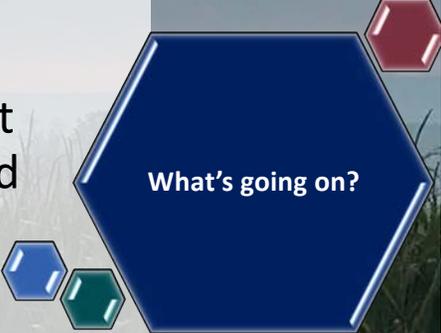
Resilience

Healthy power amidst vulnerability and uncertainty



We all need somebody to lean on – some resources

- Printable List of **Crisis resources by county in Pennsylvania**
<https://www.cor.pa.gov/Documents/PA%20County%20Crisis%20Contacts.pdf>
- **Mental Health Resources by County in Pennsylvania**
<https://www.opencounseling.com/public-mental-health-pa>
- Resmaa Menakem’s Cultural Somatics: a free course on racialized trauma from the author of *My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*.
- **Substance Abuse and Mental Health Service Agency National Helpline – 1-800-662-HELP (4357)** Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
- **AA.org (alcoholics anonymous) NA.org (narcotics anonymous)**
- **Al Anon:** <https://al-anon.org/al-anon-meetings/electronic-meetings/>



What's going on?

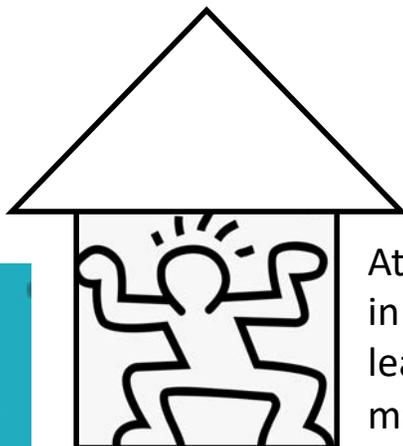
Photo taken on Haudenosaunee land

During this time

Our nervous systems are on high alert (some already were)*



For many: fear-laden memories and systemic pain may easily be triggered and re-experienced.



At home: Some people are in extra difficulty - can't leave home, and home may be full of hardship



It's harder to reach out and get help.

Eviction?...
Resources...

Racialized trauma

Secondary traumatic stress



During this time

Our unique lives and different identities mean we are experiencing these times and events differently.

(e.g., race, gender identity, disability, religion, immigration status, health, wealth...)

Eviction?...
Resources...

Racialized trauma

Secondary
traumatic stress

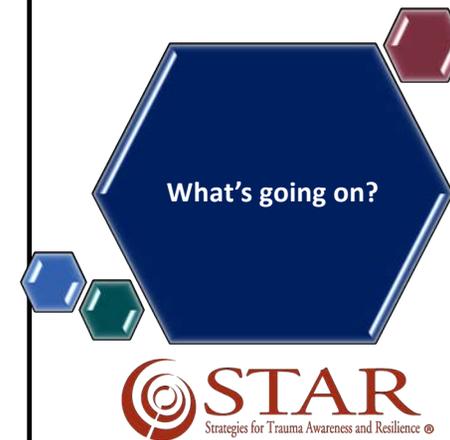


HANDOUT

Common responses to stress and trauma

Emotional	Cognitive (thinking)	Behavioral (doing)	Physical	Spiritual	Societal Effects
<ul style="list-style-type: none"> • Fear • Terror • Anxiety • Panic / Paranoia • Anger / Rage • Apprehension • Depression • Vengeful • Shame • Guilt • Sadness • Grief • Emotional shock • Emotional outbursts • Loss of emotional control • Feelings of hopelessness or helplessness • Feeling numb • Irritability • COURAGE • EMBRACING EMOTIONS AS TEACHERS/ HEALERS 	<ul style="list-style-type: none"> • Confusion • Nightmares • Hypervigilance • Suspiciousness • Flashbacks • Overly sensitive • Difficulty concentrating, making decisions, spaciness • Memory problems • Shortened attention span • Overly critical • Blaming others • Poor problem solving • Poor abstract thinking • Preoccupied with the event(s) • Inability to recall all/parts of the event • Disorientation of time, place, person • Heightened or lowered awareness • INSIGHT • FOCUS 	<ul style="list-style-type: none"> • Withdrawal • Antisocial acts • Inability to rest, pacing • Hyper-alertness • Erratic movement • Suspiciousness • Emotional outbursts • Change in speech patterns • Increased alcohol/drug use • Avoiding thoughts, feelings related to the event • Difficulty writing or talking • Impaired sexual functioning • Loss or increase of appetite • Feeling uncoordinated • Domestic Violence • CARING FOR OTHERS • CREATING NEW PATTERNS AND NETWORKS 	<ul style="list-style-type: none"> • Thirst/dry mouth • Twitches • Vomiting • Weakness • Chest pain • Elevated blood pressure • Rapid heart rate • Muscle tremors • Visual difficulties • Nausea/diarrhea • Shallow breathing • Dizziness or faintness • Chills or sweating • Easily startled • Fatigue • Changes in appetite • Nightmares or sleep disturbances • Headaches • Grinding teeth • Inability to rest • RECLAMATION OF YOUR BODY AND HEALTH 	<ul style="list-style-type: none"> • Emptiness • Loss of meaning • Doubt • Feeling unforgiven • Martyrdom/punished • Looking for magic • Loss of direction • Cynicism • Apathy • Needing to “prove” self • Alienated • Mistrust • Crisis of faith • DISSOLVING ILLUSIONS • GROWTH 	<ul style="list-style-type: none"> • Apathy • Silence/impaired communication • Aggressive behavior • Isolation • Lack of empathy • Denial • Low energy/low productivity • Inflexibility • High rates of alcoholism, drug abuse • High rates of (untreated) mental health issues (depression, sexual dysfunction, etc.) • High rates of stress related health issues (and medication use) • Intergenerational transmission of pain • SPIRITUAL GROWTH • WISDOM • SOCIAL CHANGE • FACING HISTORY • CREATING NEW PATTERNS AND NETWORKS

After experiencing a traumatic event, or in response to cumulative stressors, it is common – and normal – to experience a wide range of emotional, cognitive, physical, and spiritual reactions. These responses may appear immediately after the event(s) *or sometime later*. **These are normal reactions to abnormal situations.** These are some of the most common responses.



That's a lot...time to move

If you need some dance breaks in your life
(5x a day for 20 minutes each)

Join
Dancing Resilience
On facebook

Because HARD TIMES REQUIRE FURIOUS DANCING (Alice Walker; that is the title of one of her books)

Needs



SAFETY

We all need to feel safe (or secure). Safety needs include food, shelter and care.



TRUTH-TELLING

We need trusted people to listen to our experience. We need acknowledgment and validation of our experience. We need to hear different perspectives and experiences, especially from people whose voices and truths are often silenced.



ACKNOWLEDGEMENT AND REPAIR

We need to acknowledge the harm we have done and the harm others have done to us. We need to ask: *Who has been harmed? What are their needs? Whose obligation is it to meet those needs? How can we support healing? How can we attend to harm and support accountability?*

SHARED POWER AND INFORMATION

We need leaders who can share power, provide correct information, avoid misinformation, and acknowledge unknowns. Who? What? Where? When? How?



EMPOWERMENT

We need to have choices and participate in decision making.

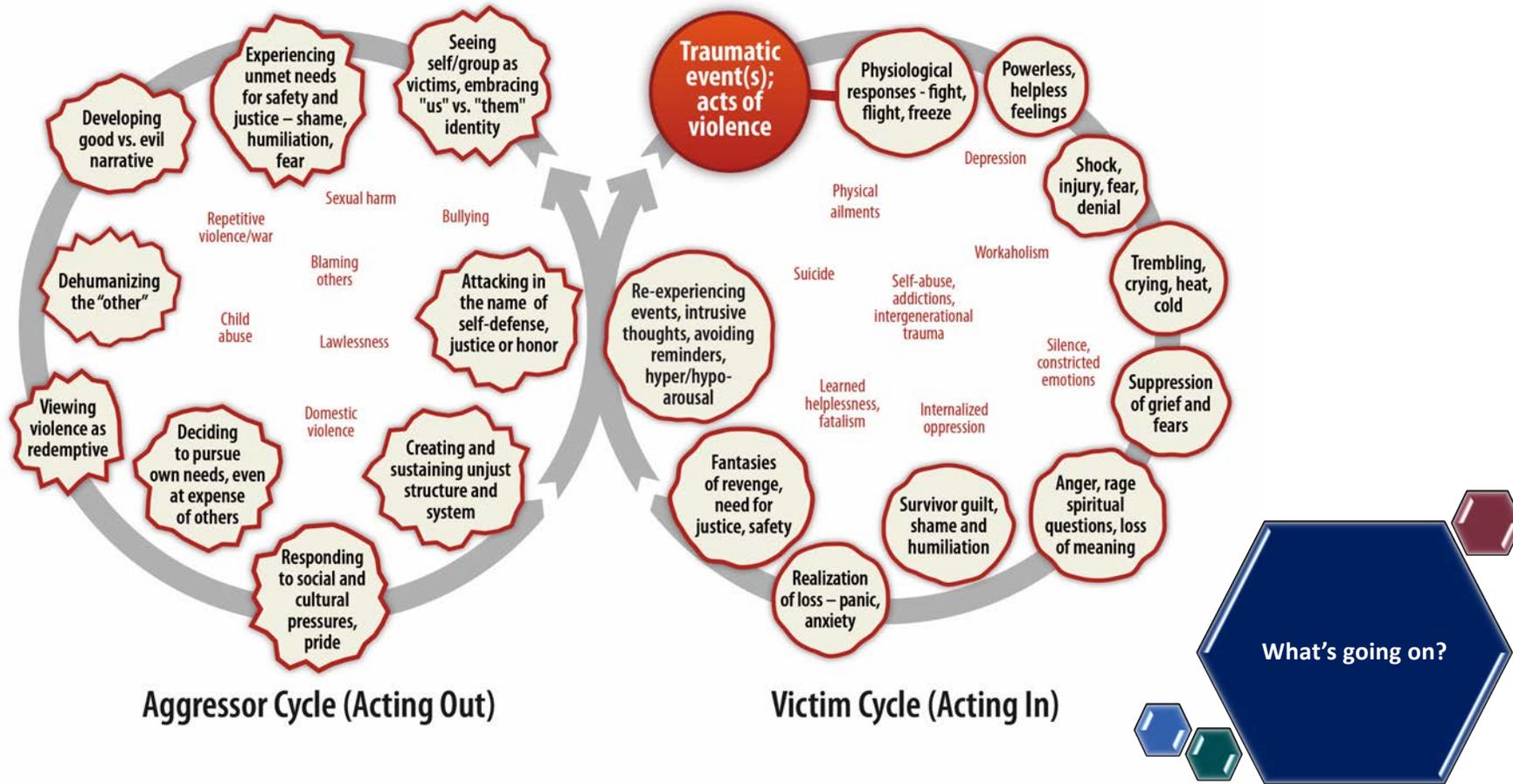


TRANSFORMATION

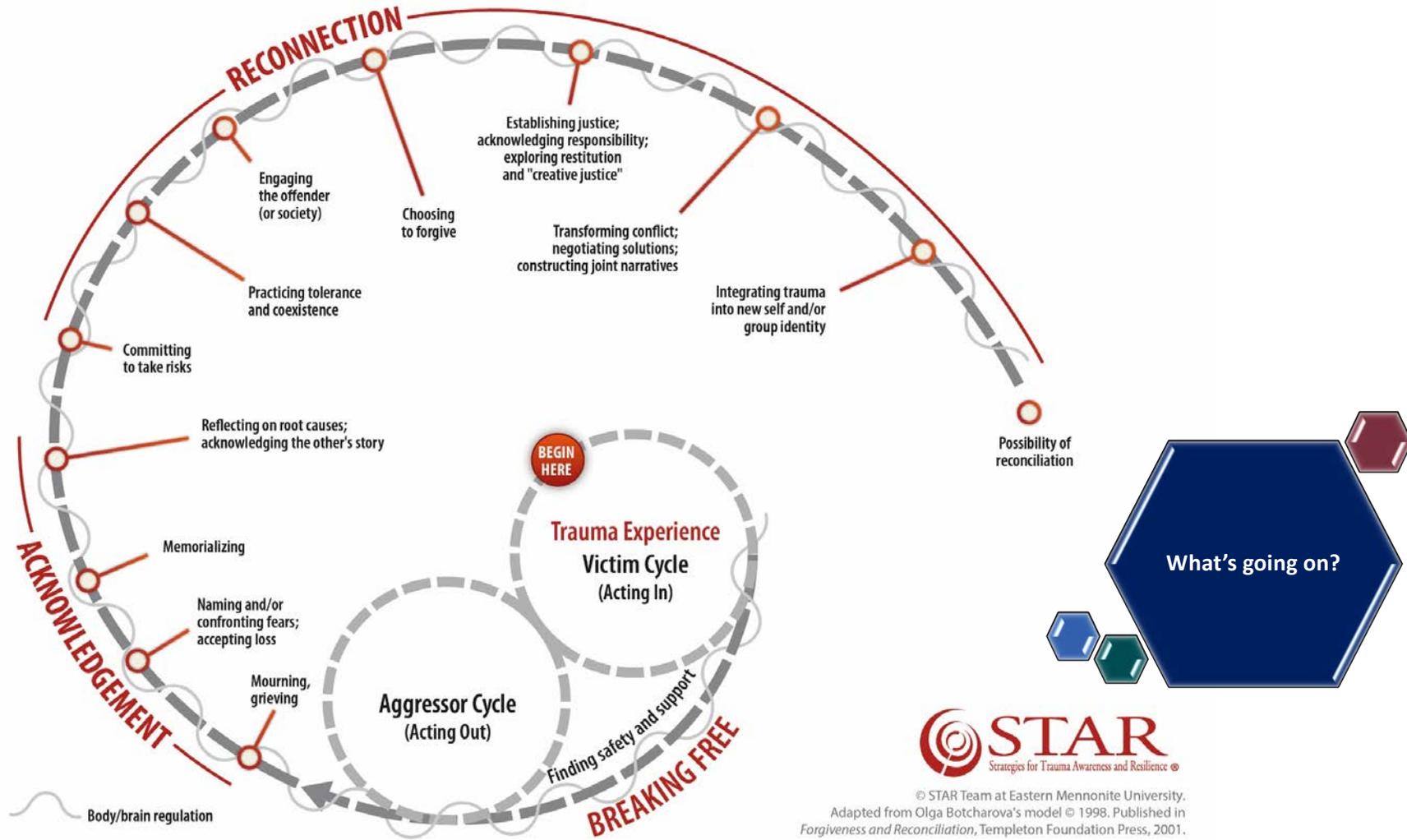
We need transformation of the systems and structures that perpetuate harm as well as the transformation and reintegration of those who have harmed.



Cycles of Violence



Breaking Cycles of Violence • Building Resilience



Breaking free (daily)

- Deep breathing
- Connection to loved ones
- Sacred practices
- Music, singing
- Dancing, drumming
- All kinds of exercise
- Massage, touch
(even self-massage)
- Laughter
- Being in nature
- Playing, having fun
- What else?



Photo taken on land of Central Sierra Miwok
and Northern Paiute

Check out more **self-care practices** from STAR practitioners:
<https://emu.edu/now/peacebuilder/tag/caretogether/>

Resilience network*



- Great **listener**
- **Inspiring** person/visionary
- Super **practical** person
- Someone who can **make you laugh**
- Someone who can put you in touch
with your **sensuality and beauty**
- **Mentor/elder** –someone who's
been through it all

*Credit: Mark Walsh at the Embodying Resilience
Conference April 30, 2020

Things you can do for yourself



Emotional	Cognitive	Behavioral	Physical	Spiritual	Societal
<ul style="list-style-type: none"> Practice moderation Allow yourself to experience what you feel (cry, shake, breathe deeply) Acknowledge what you are experiencing See a counselor Be assertive when needed and find people to check with about strong reactions Practice relaxation response exercises Keep open communication with others Remember you have choices Develop your sense of humor Find a “vent-partner” Try for affirmative language Go fishing 	<ul style="list-style-type: none"> Practice moderation Write things down Be patient with yourself See the decisions you are already making Make small, daily decisions See a counselor who does EMDR (Eye Movement Desensitization and Reprocessing) Get the most info you can to help make decisions Envision future plans (as possible) Anticipate needs Remember you have choices Inventory healthy ways you have dealt with past challenges Break large tasks into smaller ones Ask for help from friends and family Notice when things are ok Practice gratitude 	<ul style="list-style-type: none"> Practice moderation Balance time spent with others with time for yourself Limit demands on time and energy Help others with tasks See a counselor Do activities that were previously enjoyable Remember you have choices Ask trusted others how they think you’re doing Find new activities that are enjoyable and (mildly) challenging Do things that relax you and bring you joy Get involved with others in working for a justice that restores 	<ul style="list-style-type: none"> Practice moderation Touch the earth See health caregivers Exercise Maintain regular sleep patterns Minimize caffeine Eat well-balanced and regular meals Drink water Wear less restrictive clothing Remember you have choices Engage in some physical luxuries if possible - massage, baths Practice relaxation response exercises Dance Take walks 	<ul style="list-style-type: none"> Practice moderation Practice what puts you in touch with sacredness Pray Meditate Sing Build your spiritual community See a counselor Take a retreat Visit sacred places Remember you have choices Ask the hard questions boldly Read spiritual literature Read stories of other survivors who overcame hard times Read/write poetry Paint Dance 	<ul style="list-style-type: none"> Engage in healthy friendships Share and invite stories Share laughter Share and co-create knowledge and learning Avoid gossip Practice appreciative inquiry and listening Work for social change that uplifts dignity for all persons
<ul style="list-style-type: none"> YOUR IDEAS 					

The same areas in which we experience the effects of trauma are also areas to focus efforts to help ourselves cope. The following are some ideas others have found useful. Add to it those you have found helpful.



Photo taken on Incan land

Questions?
Reflections?

Please take 2-3 minutes for
feedback

[PollEv.com/katiemansfie222](https://www.pollEv.com/katiemansfie222)