

LIGHTLY EDITED FILE

Navigating Challenges in Storytelling with Audiences

National Resource Center on Domestic Violence NRCDV

Remote CART

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>> Welcome, everybody.

Hopefully you can hear me.

We're ready to get started in just a couple minutes.

I really want to thank you for joining us this afternoon.

Before we begin I want to take a moment to tell you a few things about our webinar system.

You should be able to see the title slide for today's webinar in the center of your screen.

If you want to increase your PowerPoint size, you can click on the expand collapse icon in the upper right corner of the PowerPoint pod.

Please note that if you do this you will only see the PowerPoint and will be unable to see the closed captioning and the public chat.

are

Speaking of the public chat, I see that many of you  
saying hello.

You can access the public chat on the bottom left of  
your webinar screen.

Please feel free to utilize this throughout today's  
session.

We really encourage you to interact with us, ask  
questions, talk to each other.

But remember the public chat is open and visible to  
everyone participating in this webinar session, so be

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careful not to share any confidential or sensitive  
information that you do not want to be seen publicly.

by

You do also have the option to send a private message

and

selecting a specific individual including the hosts

presenters.

comments

And a reminder, please submit any questions or

you may have in the public chat and we will have

hopefully plenty of time for questions and answers and we'll be able to pose them then.

Thanks again for being part of today's session.

We will begin a recording of the session now.

Okay.

So hello.

Good afternoon.

My name is Casey Keene.

I'm the director of programs and prevention for the National Resource Center on Domestic Violence.

I also lead the adult children exposed to domestic violence or ACE leadership forum.

Thank you for joining us today.

initiative  
Welcome to the second webinar in our speakers

webinar series.

This one is on navigating challenges in storytelling with audiences.

Now, before I introduce today's panelists who are

share members of the ACE steering committee I'd like to  
a little bit about the work that we are engaged in  
together.  
So I'd like to start by sharing the NRCDV we stand  
statement which really grounds and guides all that we  
do.  
We stand with individuals and groups who have been  
targeted, degraded, threatened or marginalized because  
they are Native Americans, people of color,  
immigrants,  
Muslim, women, LGBT or people with disabilities.  
We stand against white supremacy, racism, misogyny,  
and anti-semitism, homophobia, transphobia, xenophobia,  
all other forms of structural oppression.  
We stand with survivors of domestic and sexual  
violence especially those most vulnerable and with limited  
access to services and protection.  
We stand together in celebration to the rich diversity  
of people in this country and the vitality and  
strength they bring to our communities and society.  
We stand with those who embrace self care and  
community connection as necessary and powerful for social  
change.

who

And we stand with other activists and organizations  
continue to work passionately for gender, racial,  
economic and social justice for all.  
That said the ACE leadership forum is a project

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NRCDV that embraces these values.

We were established to amplify the voices and  
experiences of adult children exposed to domestic  
violence to enhance our work.

These are faces of -- some of the faces of our 12  
current steering committee members.

movement

All who are advocates and change makers in the  
to end gender based violence who identify as having  
experienced domestic violence in childhood.

We represent diverse background, experiences and  
perspectives.

multifaceted.

Each of our stories is unique and each is

The ACE speakers initiative was developed to help

build

the capacity of adult survivors of children's exposure to share their stories publicly.

building

The initiative includes the creation of a speakers bureau and the development of a -- of capacity

tools including this guide that you see here which we published last December and is available at Vonet.org and you can see Breckan shared the link to that.

Thanks, Breckan.

that

This year's webinar series explores key topics and were raised by our speakers bureau and by participants in our first webinar last year.

webinar

If you were not able to join us in November for

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materials

one, you can access the recording and related

also at vonet.org and Breckan will share that link as well and we hope you also will join us for our next webinar in January.

us

This series is really meant to be responsive to your needs so please continue to give us feedback and let

know what would be most helpful to you.

address

In fact, we're hoping to have plenty of time to

your questions directly today.

So for today's discussion we'll engage with four of truly four of my favorite people.

They're all ACE members who each bring a unique experience and unique perspective based on their personal experiences as storytellers.

So I'd like to start by welcoming Rebecca Balog.

Hi, Rebecca.

You may be muted.

>> Hello.

I was muted.

Hi, everyone.

>> Hi, Rebecca.

So Rebecca has a deep rooted self-identity as an advocate.

Rebecca brings 15 years of healthy relationships and antiviolence work through national and grassroots



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activism.

Resource

As a member of the National Indigenous Women's

and

Center, Rebecca serves as grants compliance manager tracking and overseeing program grants, deliverables reporting outcomes for various projects.

Rebecca invests in the restoration of sovereignty for native women, safety for all women and networking with allies who challenge both visible and invisible privilege.

She is also a technical specialist for the Women of Color Network, Inc.

Next I'd like to welcome James.

James, can I call you Jimmy today?

>> Yep, you can call me Jimmy.

>> Okay.

So Jimmy or James Henderson is a technical assistance provider for the U.S. Department of Justice Office on Violence Against Women through the Battered Women's Justice Project.

Jim's background includes work in criminal justice as

a

probation officer for domestic violence offenders and  
clinical services as the director of a substance abuse  
program for drug using young people and their  
families.

effective  
victims.  
Jim has designed and conducted training on the  
interviewing of domestic violence offenders and

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He's on the national advisory board or acts as a  
consulting team member for the Family Justice Center  
Alliance, the Battered Women's Justice Project, and  
the  
Center for Court Innovation.

Next I'd like to welcome Ruby.

Hi, Ruby.

>> Hi, Casey.

Hi everyone.

of  
>> So Ruby White Starr is the cofounder and president

Latinos United for Peace & Equity, the national arm of  
Caminar Latino.

the

During her 25-year career Ruby has operated and led domestic violence shelter and transitional housing programs, provided consultation and training in almost every U.S. city and territory across Canada and South America, secured over \$15 million in funds and leads implementation of more than 50 federal projects to respond to violence against women.

She is a trainer for major league baseball and the author of several articles including and resiliency in action, practical ideas for overcoming risks and building strengths in youth, families and communities. And most recently moving from the mainstream to the margin, lessons in culture and power, which was published in September 2018 in the Journal of Family

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Violence.

It's an excellent read if you haven't had a chance to see that.

And it's also available for free, so if you're looking

for a copy, please reach out to us at the NRCDV.  
Last but certainly not least I'd like to welcome Olga.  
Hi, Olga.

>> Hi, Casey how are you?

>> Good.

social  
national  
of  
and  
documentary  
in

So Olga Trujillo is the director of education and  
change at Latinos United for Peace & Equity, a  
initiative of Caminar Latino.  
She's an attorney, speaker, author and survivor.  
Her experience over the past 27 years has been as a  
private attorney, an attorney for the U.S. Department  
Justice, and a consultant to many local, state and  
national organizations.  
Olga is an internationally sought speaker and author  
is featured in the video a survivor story, a  
and training video based on her personal experience of  
violence.  
Her memoir entitled the Sum of My Parts was released  
October 2011.  
So that's all of our panelists.  
So excited to be able to hear from them today.

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and

look

which

Before we do, I want to hear a little bit about you.

So I wonder just seeing if you could share our poll

for those of you who have joined us before this may

familiar but I think really helps us get to know where you are in your storytelling journey.

So if you could vote and respond to this question,

ask where are you when it comes to sharing your story?

Are you thinking about it?

Are you writing it down and piecing it together?

Have you shared it in trusted relationships?

Have you told it in certain public settings?

Do you consider yourself experienced in sharing with various audiences or could you be facilitating this webinar?

Okay.

Give you just another minute to chime in.

And just seeing is it possible to share the results of this poll?

you'll It looks like they are broadcasted, so hopefully  
be able to see them.

Yes?

Okay.

spectrum So it looks like you're kind of all across the  
but many of you have shared your story in a trusted  
relationship, and others are experienced in sharing it

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that with various audiences and some of you are just in  
thinking about it stage, which is wonderful.

conversation. This is a perfect time for us to have this

with For those of you who do have experience in sharing

chime various audiences, I really would encourage you to

questions in, you know, when we're walking through these

with our panelists with your own experiences and  
challenges.

Okay.

If you could take us back to the PowerPoint.

Thank you, Justine.

All right.

So a couple things I would like to say about assessing risk and readiness.

Just that telling one's story publicly is truly an act of courage.

It can be liberating.

It will can be transformative but it's important to be thoughtful about the potential risks and harms both to yourself and to those you care about when deciding whether or not to tell your story publicly, in what settings and with what audiences.

Let me pull the slide up here.

What we want to do, so there's many considerations

when

it comes to assessing your readiness, and today we're

exploring some of these with the main focus on how to

navigate these challenges that audiences may bring.

We want to talk through some of what I'll call audience-generated risk.

As a nod to author and movement mother Jill Davies so you can be informed in your decision and thoughtful in your approach so I'm calling them audience-generated risk.

tell

Now, remember you have the right to tell or not to

your story or even to change your mind at any time.

This is something that is entirely up to you and what you feel comfortable with.

What's going on with the slides.

Okay.

So who is your audience.

So it's really important to know your audience.

something

I know this is something we say but maybe not

we consider all the time.

But consider Facebook.

post

When I post something there, I'm reaching a personal audience that I would define as friends, but when I

something, do I think about every person that might be seeing every post that I share?

No, I'm thinking about the same ten people who tend to



like my posts.

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are  
of  
And I sometimes forget that they -- those posts also  
going to be seen by my children's teachers, by former  
colleagues, by high school classmates so by a variety  
people.

really  
will  
that  
So when you're sharing information publicly it's  
important to know who you're speaking to because it  
help you consider some of the various perspectives  
they bring to the space and how your message may be  
interpreted or misinterpreted.

In many cases you'll address a general mixed audience.  
However, opportunities often arise to speak with  
audiences that are really specific audiences of  
professionals, for example.

In our guide we really encourage you to consider key  
messaging for different audiences that might resonate

best so you can check out the guide for information on that.

in But additionally and really where this webinar comes is that you may find that some audiences are more receptive or friendly than others.

So let's first talk about setting boundaries. Setting boundaries is absolutely critical, both in advance and during your presentation including decisions about whether or not you'll take questions from the audience and what to do when there's a question that

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you'd rather not respond to.

So my first question for panelists is this.

What has worked for you when it comes to setting boundaries in your storytelling?

And that's open to whoever would like to chime in first.

>> Okay.

So Casey, I'll start us off.

>> Okay.

Great.

>> So when I think about setting boundaries, I think about it in two ways.

to  
is,  
I think about it with the people that are inviting me present, so the people organizing whatever the event and then the audience.

ask  
So sometimes people get super excited when they invite me to come present and they forget to do stuff like

okay  
you if it's okay if they film you, ask you if it's

take  
if there's a journalist in the room that's going to pictures, ask you if it's okay if when they take pictures they can put it on social media, stuff like that.

>> Uh-huh.

of  
>> So you can let folks know ahead of time about some those things like let me know -- I usually try to let folks know if you're going to publicize, this let me

know ahead of time before you have a news crew or a journalist taking pictures.

Always check with me before you post stuff on social media.

I usually preempt stuff ahead of time.

think, Sometimes people get really excited because they

oh, she's coming in to do this, let's have her do this as well, you know, come and meet with our staff or, you

know, and again like setting boundaries around that is really important to make sure it's really clear what you're going to be doing, when you're going to be doing

it and making sure that you see that you've got some breaks, either -- that you have a little bit of prep time before you present and make sure you have breaks after and between presentations.

I know that sounds really easy and that it should just be the way it is, but it doesn't always work out that way.

And when I'm thinking about audiences, I try to set boundaries right up front, like I let them know if I'm going to -- if I'm going to answer questions, I try

controlling

really hard -- this is going to sound really

question.

but I try really hard not having the audience to have microphones because it's easier for me to walk around, hear what the question is and then repeat the

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That way I can reframe it if there's victim blaming without embarrassing the person who just asked the question.

And it's also easier for me to kind of manage someone who just got triggered and is about to just tell everyone the details of their own abuse.

questions,

But I let people know if I'm going to answer

this

I let them know how I want the questions asked, and

people

again is going to sound really silly, but I tell

in the audience to please raise their hand and wait to be called on, and then I joke about it because it's really obvious, but people will just start calling out

questions, and then it's hard to hear, and then other people have been waiting for a little while, so I just kind of like make it really orderly.

to  
And then the last thing I do is I tell people that I will give them an answer, and it might be the answer their question or it might not be.

And that that's the way that I take care of myself.

>> You know, Olga, that's so -- if -- you've get some brilliant tips in there and strategies.

you  
it,  
I think it's about, right, remembering that you can -- you can set those boundaries and people will do their best to respect them, and I feel like the boundaries set, there's such a kindness to the say that you do

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so I really appreciate that.

So what do others think?

>> Yeah, I would add a couple of things without repeating anything because I so agree with many of the

things Olga said.

And this was many many years ago but it was -- one of the things I remember was going from like local and state kind of presenting to national presenting, and there were things I didn't think about in terms of boundaries because it sometimes felt a little more respectful because maybe locally or statewide it's

like

a DV person bringing you in or something, they kind of think about some of these things, but when I transitioned one of the things that happened

originally

going to the national stage in '99 and 2000 is they

had

certain formats of how they used survivors sometimes

and

they will bring you in as kind of like telling your story but then somebody else was -- you know, like

some

professionals were going to respond.

Oh, you were on a panel, right?

And you were going to share your story and people were going to comment on it or there was -- there was just particular ways that I didn't think about at the time that didn't -- I didn't realize going into them that they might not be as respectful as I would have wanted

particularly when you told a story, and then when a professional came on, they kind of rewrote the narrative to fit their own biases.

I remember specifically a story that I told about a teacher that had done this remarkable -- you know, like he had made me feel so good in a comment he wrote on my paper and my point was that intervention doesn't have to look like this giant formal calling CPS or going to a support group, sometimes it's those human things that you do that can help, and when the professional came on, they, you know, started -- they took it and said, that was the perfect, you know, opportunity for the teacher to do an intervention, you know, a more formal one, which was the opposite of the point that I was making. And so I learned very quickly in setting my boundaries when people call me to talk that I was not going to put myself in a situation where I was going to tell my story



it. and then somebody else was going to get to interpret

So that panel, that didn't work for me.

important The other thing that I remember became really

is a lot of times they try to fit you in somewhere.

stories This is back earlier in my career, too, and they would do the survivor story and they would put you in during lunch or something, you know, like -- and these

never -- didn't fit well with lunch I always say.

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need. So the thing I learned really early was to set my -- that I had a right to set my -- I want to call it my clarity in, you know, how much time I was going to

come Sometimes I would get called in and told, will you

in for ten minutes?

you, And I'm like no, because I'm much more than telling

you know, this stuff real quick.

my

It felt a little tokenizing, right?

So being clear about I need at least this much time because I want to be able to tell my story and share experience professionally as well.

And I didn't -- you know, I didn't want somebody else remarking or to be part of a panel and just all these things that I realized I had the ability to say, you know, that these are the things that would be -- that this is I guess my boundaries where I'm willing to do this and here's how you can help me do this in a way that's respectful to me.

>> Right, right.

And in that way too you're also like claiming or reclaiming the value of your story and your value as a speaker in that space.

That's great.

Awesome tips.

Thank you, Ruby.

So Rebecca, I see you chiming in in the chat.

Jimmy, go ahead.

>> The only thing I would say is for me the boundaries oftentimes are my own boundaries.

Like I realize when I'm telling my story since I'm talking about the violence that happened in our home

and

my experience being taken away and put in a foster

care

and the requirement from the system my story is

directly

connected to my mom's story and my siblings story but

I

make it clear that I'm not here to talk about their stories, right?

And when I do talk about my mom, it's stuff that I absolutely have permission from her, but I'm very limited on what I talk about her.

I give really small little details but I make it clear to the audience that I'm not going to tell her story

or

take her voice or my sister's story.

So I tell them kind of how my experience was and what happened and what the interaction was.

As far as people asking questions, I don't have a lot

of

people ask questions because I ask so many questions.

So will what I do is I talk about situations or

and

experiences and then I put the audience in my shoes,

I'm constantly asking them how did I feel?

So I give them examples.

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Okay, first I went to school, what did people want to know?

What did this?

What did I feel?

And the audience kind of answers that all the time so I'm constantly keeping the energy moving through the room and keeping them answering my questions, so I really don't have a lot of questions from people

during

my presentation.

>> Okay.

That's awesome.

>> They will come up to me afterwards and ask me personal questions about my mom, you know, but they don't know -- no one has really ever asked me that during the presentation.

there

>> Yeah, and I love that you set it up, you know, in advance by saying this is what I will address, this is what I will not address, and setting expectations

I think is really important.

Thanks, Jimmy.

How about you, Rebecca?

Anything to add to the boundaries conversation?

>> Yes, thank you.

good

Such great points throughout so far, and I think a close for this question would be the foundation of it

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we're

all is honor yourself and love yourself.

We're sometimes invited where we know the audience

walking into.

Sometimes we don't.

placed

You have to adjust to the environment that you're

in.

Love yourself.

If you're feeling that it's not the safest or the audience where you can go the whole story, follow your instincts.

It's okay I think if someone does ask a question and you're uncomfortable answering it, honesty is the best policy.

Whatever you need to say, let's connect on that later

or

I need more time to think about that.

your

Maybe give yourself that touch out and have that in

pocket like a talisman or like me a paper clip.

I don't like public speaking.

I work at it.

But love yourself.

This is your story.

You can go as far or as short as you're comfortable with.

>> Yeah, thank you, Rebecca.

I also see Debbie sharing in the public chat so I want

to lift up her comments.

doesn't  
side  
in  
your  
right?

She learned to make her boundaries very clear with the media and when she does public speaking and the newspaper is there to do a story she's clear she want them bashing her father because she knows his of the family will read the paper or also see the article on line and she still respects their feelings that situation so that's helpful because these things can be very tricky to navigate when you're putting story out there and as your story impacts others,

So thank you for sharing that, Debbie, and I encourage others to chime in as well.

Well, thanks, panelists.

I don't know if there's anything else that you want to share before we move to the next topic.

giving

>> If I can say, I loved what Olga said about not people a microphone.

they

If somebody was speaking from my organization BWJP, is really really attentive to the ADA laws on rules and regulations so a presenter would need to make sure

presenting talk to the conference planner and the people  
didn't to really be able to say and articulate why they  
want the microphones with the people, what the purpose  
was.  
on, Everything she said was amazing and absolutely right

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we're but I know our office if someone didn't tell them that  
ahead of time that we would be nervous in thinking  
not complying with certain rules and protocols and  
procedures, so having that discussion beforehand will  
work.

I The other thing when you were talking about the media,  
think it might be a good thing to ask to read things  
that are going to be put in print.

did I have never seen the media get things right.  
I was videoed by three people at a conference that I  
in Wyoming, and each one said I worked for a totally



different agency.

One had me working for the department of justice.

One had me doing as like a victim advocate at a  
shelter.

And I gave them all the same information.

So things can get twisted without us recognizing or  
being aware of it.

It ended up not being a big deal for me but it could  
have been if they had said something different or  
twisted something else.

>> Thanks, Jimmy.

So, yeah, awesome tips when it comes to setting  
boundaries.

I think everyone can understand how critical that is  
in  
being protective of yourself and also, you know, I  
loved

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can  
to hear what Olga expressed around the kindness you  
demonstrate to those in your audience who may say

something victim blaming that may be unintended and gives you an opportunity to kind of reframe and answer the question you want to answer maybe instead of the question you're being asked.

So let's move to the next topic, which is when your truth is challenged.

you  
So it really feels inevitable that at some point you will face victim blaming statements or questions if haven't already had this experience.

truth  
Even worse is when audience members challenge your altogether.

the  
The fact is that many do you not understand or honor impact of trauma on our childhood memories, or others may question whether things actually happened the way you tell them.

So especially when it comes to those of us who have experienced childhood trauma and kind of walked that path of piecing together those memories that are often broken and not linear, and then putting them into a story format, we faced those experiences of being challenged around the way that we recall event or what feels, you know, true to us.

So my question for panelists is how have you handed

situations where your truth was challenged?

So who would like to begin?

>> I guess I can start this one.

>> Okay.

Thanks, Ruby.

of

>> And I would say -- I've had it happen in a couple

ways.

challenge

So one is most of the time people -- and I don't have data on this, but most of the time they don't

you like in person.

where

They just kind of maybe -- at least not in a form

you're doing a big speaking environment, right?

not

Like they don't directly get on and say, oh, that's

what happened or that's not true.

That doesn't tend to happen.

feedback

I feel like where to prepare for that is in the

after and in your evaluations and stuff.

get

And I always tell people be prepared because as supportive -- even when it feels supportive when you the evals back there's always somebody there that says something, you know and it doesn't matter if you have 500 people that say positive things there's that one person that says, you know, oh, this person was being victim, or, whatever.

a

There's -- and that's the one you hold on to.

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somebody

mother

my

So I would say be prepared for those kinds of comments because like when you expect it, it feels like more normal, but I think when I'm -- I guess what I'm challenged, to me there's -- one of the big ones that happened when I was talking about -- and this is on one-on-one situation after a presentation where is saying I had talked about sexual abuse and my didn't know, and that person would argue with me that

mother knew.

knew.

Like in their -- they were saying, no, your mother

There's data and research and all of this, so they're  
throwing all of this that there's no way my mother  
didn't know.

said,

And I didn't get into a necessarily argument and I

you know, I understand.

I

But in my own way I say I'm much more articulate when

about

say it now but it reminds me of -- there's a I think  
it's a TED talk, from book Americana and she talks

the danger of a single story, and hers is more like  
stereotypes but it's that the danger of listening to  
only one story is not that it's untrue, it's that it's  
incomplete.

who

That's not the exact quote but that's the theme of  
what's going on so that's basically how I handle it at  
that time without those amazing words is that anyone

actually  
and  
basically  
of  
the  
the  
says  
batters

hears -- who takes in information and then generalizes it on everyone is then not going to be able to assist people because everyone has a different story a different experience, and so that -- what they're doing by -- and taking in information and it's they're stereotyping this and we all know the danger stereotype.

And so in my own way I think if my -- if and when my truth is challenged, I in different ways articulate danger of a single story and the danger of people holding on to only their experience as we've seen on ACE, you know, there's people who when we have conversations about -- and it's not just here.

In all kinds of projects I've been on when somebody it's very important to me that we don't act like can't change and others who say it's very important to me that we don't act like they can.

And no matter what project you're on there's different lived experiences.

On child welfare projects we want to make sure that we

work  
sure  
of

don't -- that child welfare isn't forcing people to  
together, and then others of us are trying to make  
that they're not forcing people to separate.  
They have to have multiple interventions, and so all  
it is important, and so that's how -- that's to me one

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things

of the most important things that needs to come out is  
there's no single story and if you're approaching  
in that way it's going to be dangerous to someone.  
>> Yeah, excellent, Ruby.  
>> I wonder if I can jump in at this joint.  
Ruby and I both share about our experiences and we're  
both Latina.  
What will happen sometimes is when I'm presenting,  
people will make assumptions about Latino culture as  
being violent, for example, and that will be the  
evidence that they give is that, well, look here we  
are

at this conference and the two people that are talking about experiences are both Latina.

thing

So there's lots of problems with that but the main is what I tend to do is I try to reframe things for them.

I'm like no it doesn't mean that Latina culture is violent.

good

It does reflect on the value of storytelling and the skill of storytelling that Latinos have and what you have is two people from this culture who are really

storytellers and they take their experience and lay it out for you in a way that will help you learn from it. But the other thing, what I find with disbelievers or, you know, people who challenge kind of what you're

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two

day,

trying to bring, I tend to respond to them in one of ways, and it kind of depends on how tired I am that



presenting

and how much I've been doing and how they're

their like disbelief.

I either use humor, or I'll challenge them with additional questions.

So I remember this in two spots.

bunch

One was a judge when I was doing a training for judges in Arizona, one of the judges started asking me a

to

of questions, and what felt like a kind of a cross examining sort of way, and I could tell he was trying

I

get to a point but I didn't know what the point was so

didn't want to go there with him, so instead I stopped him and joked and said, hey, why does it feel like you're cross examining me?

Because I used to be a prosecutor.

Great.

We're not in your courtroom.

and

We're in my arena and here is where I get to control

you get to sit back.

I can totally tell you have a point.

What's your point?

And he wanted to make the point that my brothers were victims too because I talk about how my brothers were forced to sexually abuse me and I talk about how they

were victims too.

And I'm like okay, got it.

Good point.

Let's move on.

mental

And then another situation that I was in was with health clinicians, I talk about having dissociative identity disorder and I presented with clinicians on dissociative identity disorder and I've had clinicians in the room say to me, I don't believe in dissociative identity disorder.

hard

And it's really hard not to react, like it's really not to react.

So in my worst moment I would say that's really great that you can do that.

I can't afford to do that.

Like I don't have that -- I can't afford to do that.

I don't have that privilege.

And too I will say it's not a religion so I'm not sure it matters whether you believe in it or not.

I think it's that I have like a sarcastic kind of humorous approach to things so even if I'm annoyed I think it comes across that I'm trying to be funny so it's a little easier to deal with.

So last thing it's really rare for people to say in front of me and in front of other people, and I can

see

32

it in their body language, but I want to hear what they're thinking so I can try to address it but it's more likely to happen in the evaluation, and what I've done in the past is there was this one -- the hardest one for me was when I was doing a training for law enforcement, and I was doing it for the End Violence Against Women International, Joanne Archambault's

group.

So I had a detective write in the evaluation that I don't believe her.

I don't think it's possible to experience that kind of

violence and not remember it.

And so I went back to Joanne and said, hey, I got this comment in the evaluation and it's really bothering me and I don't know how to address it in the future.

how

What if somebody says this to me or what if -- like

do I deal with that?

"repress"

And she said that -- that if you use the word

for example, people think of the repressed memory, the backlash on the repressed memory stuff.

So she said don't use words that flag those kinds of things for people.

Use the word "recall."

Use the word "blacked out."

things

Describe it with other words so those aren't the

that pop into people's minds, and that was really,

33

ever

really valuable information because I don't think I

looking

got another comment like that from investigators

into sexual assault cases.

And also give you some information in terms of how you might talk about it in the future that might make it easier for people to hear.

>> Right.

Thank you and thanks for sharing such intense examples with us.

emotional

I think about -- I think too kind of about the

be

impact of being challenged and I know later on we'll

it

talking about about wellness and self care so I think

will be important to revisit that because I know we're talking about how you handle it in the moment but there's also how do you handle the feelings that it raises.

Thanks.

How about Rebecca.

Did you have any insight into situations where your truth was challenged?

communities

>> Yeah, going back to, you know, all of our

tight

are so different, but in a lot of ways, you know,

communities whether it's a reservation or just a tight

community, a faith community where there's a church environment, you know, it was mentioned earlier where

34

family or bystanders or friends of family or other people in the community may challenge.

a And I find that especially when you're on a podium or

that microphone and you're speaking to a large group and

may come at you, just going back to honoring yourself, this is your story, go as far as you want.

But also just remind the room that you're making "I" statements and going back to what Jimmy mentioned that he will not bring in other family members.

We're just telling stories through "I" statements.

So I think that's just another tool or a token in your pocket to keep with you as a safety net.

say And then one last thing and this is my -- I probably

this on every call that I'm on because it's just so wonderful.

There will be hurt people.

There will be other survivors in different areas and level of their healing, but hurt people hurt people.

And sometimes that's what you might be feeling, people in a different area of healing.

usually

So if things get rugged, understand that that's

where it's coming from.

>> Thanks for that.

>> You're welcome.

challenged?

>> Jimmy, any thoughts on when your truth is

35

>> You know, I don't know that my story has been challenged.

distinguished

I did want to say my heart goes out to my panelists.

As a white male I never have to think that my story is representation of my culture, you know what I mean?

And it's never a consequence to me.

It's never questioned.

So I just felt a sadness when Olga was talking to have to bare that extra burden when you're up there talking and think about how am I being interpreted.

I've never had to face that and I'm sorry that you ladies have.

>> Thanks, Jimmy.

Olga, did you want to respond or...

>> No, I was just going to say thanks, Jimmy.

I want to give you a hug but you're not here so I'll send it to you.

>> All right.

Well, thanks.

This is all extremely powerful to hear from all of you so let's move to our next topic, which is managing

less

receptive or what you might call unfriendly audiences.

So here's the thing we know.

Trauma is stigmatized so even if you're in a healthy



experiences

place where you've incorporated your trauma

or perhaps draw strength from them.

Others may see it as weakness or brokenness and their shaming and judgment may come through in the questions they ask and the tone of voice and the posture, you know, however.

managing

So one helpful strategy is to always identify your allies in a space and make a plan with them for situations like these.

So I'm just wondering, you know, what ways have you managed less receptive audiences?

you

Can you share an experience with perhaps an unfriendly audience that really informed how you prepare or how present your story?

So where should I start?

Rebecca.

>> So this reminds me, probably not the exact same scenario but it's pretty close.

was

So unintentional unfriendly audiences happens quite often, and just recently there was a presenter that

is

speaking on things and unintentionally severely triggered some people in the room, and that allyship essential because quite a few of us stood up and

supported that person.

I think being brave in a way that makes sense to you,

37

people

to

sometimes you can be rugged.

Sometimes you can go the kindness route that hurt

hurt people, healed people heal people.

But just bring yourself forward as far as you'd like

go and know also that it's okay to shut it down and go  
down a different track of the story.

Start bringing in statistics or tell a different story  
that's been used in another campaign and take the  
attention off of yourself.

I think that safety net is a good idea to have.

But I cannot stress enough, Casey, that allyship.

Not just received but definitely be one because it  
helps.

>> Thanks, Rebecca.

How about you, Ruby?

Any thoughts on, you know, managing unfriendly audiences.

I always look for the one smiling face.

at There's always one or two people smiling and nodding

that's all times and I watch them a lot because even if

not how the whole audience feels it feels like that's what they're feeling if you just focus on those two or three people but that's like my go-to.

I But I'll say on a little bit more difficult -- I mean

was at a meeting recently where it wasn't like we were

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-- up front speaking in front of people but it was still

to some degree I don't want to call it an unfriendly audience but there were people who had a particular perspective and I think one question that I remember, there was a native woman there who because there's a conversation about child welfare happening and she did say that she's having difficulty, you know, trying to

figure out how much she wants to participate and how  
much to engage and be part of the project because  
she's  
worried about how it might feel like in what way she  
might betray some of they are people and and there was  
a  
white woman and it was more like the tone what do you  
mean you would be betraying?  
And obviously you have to not have a lot of knowledge  
about child welfare to even ask the question if you  
don't understand how it may have betrayed native  
people.  
So it was kind of an ignorant question anyway.  
But I think -- and I felt like it put her on spot, and  
she did answer but I think it's being able to -- I  
think  
be prepared and really know the issue that you're  
specific  
talking about in terms of being able to answer  
questions, right?  
It's like people will push back but if you can -- the  
more specific you can be, the more you can help them  
understand.

For example, in that particular case I was able to reframe it for her and say, well, you know, we don't understand the ways that the child welfare takes, even messages of resilience, for example, I know this is the example I use a lot to say you take older children helping younger children and you pathologize it and you turn it into something that demonstrates risk where in many families of color we see that as a way to promote family unity and responding like there are things you take as resilience in our culture and you turn it into pathology.

You have to have a lot of those in your arsenal that you pull out because unfortunately with those unfriendly or less receptive audiences need is they -- you have to go a little bit one step further to the -- I call it the so what, right?

The more you can tell them here's specifically some of the things you do and here's how you can do it differently.

Like they need that extra step of not just here's my

inability

story but here's how you can do better.

And a lot of the times I find that the unfriendliness and the receptiveness, that has to do with the

to look beyond their own world view.

I experience that a lot.

40

And so be prepared to give them another perspective so they can open up their world view.

And I know it's not our responsibility, but -- and you don't have to do that but I just say for me in my particular case, it has helped me, you know, to manage for myself those situations when they occur.

>> This is Rebecca.

Exactly.

That's why I had mentioned it's all educational moment and it sounds like we've had the same experiences or seen the same thing most of the time unless there's a heckler.

It's just on education and it's a teachable moment and

time

using that to go down a different road, a different track to expand their learning because most of the it's not ignorance as in rudeness but uneducated perception.

>> Yeah.

>> Thank you.

You said that much better than I did.

workers.

>> You know, one of the things I love about this particular panel is that each of us has experience speaking to different kinds of audiences, so I love, Ruby, that you named specifically child welfare

I know Olga, you mentioned judges specifically.

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typically

You speak a lot to legal communities.

And Jimmy, I know that you speak with, you know, probation and parole.

You have kind of a different audience that you

would speak to, so I'm really curious from your

like perspective what an unfriendly audience might look  
or what you've learned about, you know, responding to  
to. audience -- the audiences that you typically present

going >> So this is going to -- I'm not sure if this is

to fit, but I'm going to try this.

Part of it, I almost want to hear from the unfriendly  
audience.

So how I even did my story in the beginning, I was  
training with the American prosecutors research  
institute and they were doing a segment on children  
exposed and determining if kids should testify or not  
testify.

And the things the prosecutor said were just horrific,  
and it's kind of like you know how like a racist or  
sexist person knows they're not supposed to say  
something so before they say it they look around the  
room and then they go ahead and say the racist or

sexist statement.

they It's kind of the same way because the prosecutors  
thought there was no one who was a victim and that



could talk freely.

And I wasn't really supposed to be in charge of that segment.

I was just one of the staff there who literally was traumatized the first two or three times I sat through the training and listened to 70 prosecutors talk about these families.

So finally I said can I talk?

And that was the first time I told my story, and we chose to do it at the end because if I did it at the beginning of the segment, everybody would change their true feelings and what they're thinking because they would have been constantly looking at me, right?

I can't say this in front of this guy.

And I didn't want that.

kind  
I wanted people to say things and so that we could  
of unpack that differently and address that.

So in a way it's almost backwards.

that  
Like I'm noting -- I know I'm walking into that but  
seemed workable.

criticism

The other thing I was thinking about less receptive unfriendly audiences, I do a certain amount of of a lot of people in the system.

Like when I tell my story I criticize what the police did wrong, the psychiatrist, the social worker, a

43

variety of people.

But when I come through the story I end up going back and identifying that I don't think any of those people were bad people.

I believe the police officers were good men, did not intentionally mean to lie to me, did not even think about what the end result was because the first time I went to foster care, the police came and talked to me, said I did nothing wrong, my mom did nothing wrong.

I would get to go home.

You're a good kid.

Normally kids from homes like yours, kind of a back handed compliment.

did  
Andy  
trying

And when the social worker came in again, she said I  
nothing wrong and my mom did nothing wrong and that  
was a bad guy, and hours later we're getting thrown in  
the foster care, so what I learned that night is that  
police lie.  
Social workers lie.  
The medical staff are in cahoots with them and the  
system is absolutely not to be trusted, so when I'm  
talking about what people did and how -- and I'm  
to say these are well meaning people with well meaning  
intentions but their words and actions did devastating  
things to the families they said they were trying to

44

help.

So I kind of let people know I guess to try to reduce  
some of the anxiety so people don't feel like I'm  
attacking their profession or I'm attacking them, that  
I'm just trying to give them a different lens to allow

that's

them to experience it from a child's view, and so

kind of I guess how I try to deal with that.

>> Yeah, that's great.

Thanks, Jimmy.

I appreciate that.

Olga, did you have anything to add around unfriendly audiences?

>> Yeah, so a couple things.

training

One is I find that anybody who has to attend my

I'm going to have unfriendly people there.

Mandatory PF training or mandatory law enforcement or mandatory judges and I do end up talking a lot to judges, law enforcement and prosecutors, and I think it's because I'm an attorney and even though I talk about psychological things, I don't know, they think that I get them somehow.

Maybe because I understand the law and how the law works.

So those are always challenging.

In fact, I remember the first time I talked to a group

of people that were required to sit in on my training,  
and it was child welfare workers, and they sat like  
with  
their hands crossed.

They sat back in their seats with their hands crossed  
and I remember thinking, oh my God, this is going to  
be  
so painful.

And then it was like they were saying to me, I dare  
you  
to engage me, like I'm not going to make this easy for  
you.

And I think the fact that I use humor helps a lot with  
that.

But I have had people say things that I find really  
hard  
to deal with, like they make -- and it's really  
interesting, Jimmy, to hear you say what you just said  
about the first time that you -- that you talked about  
your experience because people will make these  
statements and not recognize that there are survivors  
in  
the room.

So they will say anyone who grew up in a home with  
domestic violence are broken or anyone who has been

sexually assaulted as a child is broken, you know?  
And I feel when people talk about the ACE study, I see  
it like they will say if you grew up in a home with  
domestic violence, you're going to be a victim or  
you're going to be a victimizer, and I hate that because it's

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not true, and they're saying basically to all people  
in the room like don't ever say that you are one of these  
things, that you're a person who grew up in a home  
with violence because this is how we think about you.  
So I push back pretty hard on stuff like that, you  
know and, I don't say it as eloquently as Ruby said it in  
terms of the danger of one story because that's  
basically what they're saying.  
Like they saw a situation where someone was victimized  
after they grew up in a home with domestic violence or  
they saw a situation where they were dealing with

they

someone who was perpetrating domestic violence and had grown up in that kind of home and they just carry that across.

that.

And what we're so much -- you know, people who grew up in those homes and violence are so much more than

We just happen to also have experienced that, but it doesn't mean that we're still being victimized.

It doesn't mean that we hurt anyone.

that

So I push back and then I have to really watch myself, and of course, I have super powers so I can do this where I'm like I'm presenting and at the same time I'm listening to make sure that I'm not saying anything

sounds defensive because then it comes across like I'm defensive and reacting.

47

that

But then showing all the power of people, you know, have grown up in homes that were really tough but have done amazing things, you know, in their lives.

So stuff tends to be -- so as I think about advice for people who are thinking about doing presentations, it's to think really long and hard when they're being asked the to do a training or a presentation of some sort and audience is mandated to attend. they're When people self-select to attend your training, interested and open to the information that you're giving. stay So if you haven't done this for a really long time, it away from those mandatory ones because it's really -- can be -- it can be triggering for the presenter. It can be disheartening and leave you kind of in a really bad place after presenting. >> Uh-huh. Thank you, thank you. how And I'm glad that you're raising that around kind of like the audiences body language and how much that can impact you as you're telling your story. shared, Debbie who is participating on the webinar just and I hope I can lift this up because I think it's a over great story, she says she's done presentations with



350 people and has been perfectly okay but she did a

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presentation for a group of 20 men and was the most  
intimidated she ever felt while sharing her story.  
She said they were not receptive to my story or so I  
thought because they isn't show any emotion at all but  
after they asked to hug her and she was sweating

during

the whole thing and I think that's a common experience  
where your perception of how people are hearing you

may

be completely off.

Sometimes if there's a dead silence over the room you  
may feel concerned, but really what it is is people

are

just in tune with you and listening and just like  
rooting for you, and so it's a hard thing because I

feel

like you have to do some self talk there when it comes  
to kind of analyzing the body language in the room,

and

sometimes, Olga, when you're describing the men

sitting

to

people

health

with their arms crossed like yeah, what are you going

tell me, yeah, it's obvious, but sometimes you really

don't know what feelings you're bringing up with

especially people who are socialized to not show

emotion, right?

>> That's it, too, because what I was going to say is

like law enforcement, they are skilled at listening to

all kinds of stuff and not showing it, and mental

clinicians are also really skilled at that.

And judges.

49

You're going to be presenting to people who you can't  
tell how they're responding to it.

It's really hard, but -- so I focus on the fact that  
they're staying in the room because they can go.

That's a really good point.

>> Thanks.

send

So yeah, please, you know, in the chat continue to questions.

will

I see some questions are starting to come in and we be addressing those.

Right now I'd like to move on to -- I think it's our second to last kind of topic we're exploring which is when your story triggers others.

participated

This came to us directly from somebody who in a previous webinar with us, and here's the thing. We know that most of American's children experience trauma.

your

Like it's a common human experience, so it's really likely that much of your audience has also experienced childhood trauma, and it means that hearing your story will be triggering for some, and the very common experience are personal disclosures, either during

come

story or, you know, asking questions or sharing experiences during your presentation or people who come up afterwards to tell you their stories.

real

we

to

I do want to remind everybody, though, while that's  
and triggering is real, what's also real is something  
call vicarious resilience and that is bearing witness  
other stories of healing and resilience as being -- as  
having a profound positive impact on their own healing  
journey.

same

And so, you know, there's a flip side to the coin.  
You're taking people through this journey where, yes,  
you may be sharing information that is bringing up  
memories for them or difficult feelings, but at the  
time you also may be taking people on a path to  
resilience.

do

other

And so anyway this is all to say what recommendations  
you have based on your experiences in speaking to  
trauma survivors that may be helpful to those who have  
wondered what do I do when my story is triggering to  
others.

So whoever wants to chime in.

>> This is Rebecca.

presentation

I want to go back to that beginning of the

housekeeping like hello, this is my name, this is what we're going to be talking about.

we're

In our youth project we're ever so concerned when

talking about teen dating violence and violence in the home working with youth and getting them engaged.

51

We do lots of fun activities but there's always a disclosure.

Usually after getting pulled aside.

So as a part of our intro, A, in the planning find out if there's a safe room.

and

If it's a big conference, there's always a safe room

reference that it's available if something is triggering.

done

Also someone can pop over after the presentation is

during

and then also give that full disclaimer that even

the Q and A session that trigger -- we could be triggering each other in the audience.

So I think part of that planning and housekeeping.

If someone is triggered in the space, it's not always an option but our native love youth project, our team is a family team, and when we see something going on, we're responsive.

So if someone is triggered in the audience or for example a youth seems to be uncomfortable or struggling, we help each other out.

While the presenter is talking, that youth or an individual would be attended to.

So I think having a backup has also really worked well for us and is a really good planning item.

Does that make sense?

52

>> Yes, absolutely.

Others?

>> So, yeah, Casey, I wanted to jump in.

just

So this is something I think about a lot, and then

last week had to really kind of think about this.

up

So I present quite a bit on my experience of growing

in a home with domestic violence and then also about

sexual abuse that happened, and then I try to connect

the reactions, the responses, the trauma pieces of the

young

sexual abuse and how that then put me at risk as a

adult, an adolescent and then a young adult.

So there are certain things that I try to lay out as a

talk in my experience and I've tried to soften it as

much as I can.

There's a certain amount I need to talk about to show

how the violence then plays out in the future in a --

how compliance comes about.

How you go from fight to freeze, stuff like that.

set

And I always would do this disclaimer kind of when I

up the presentations that I do, I let people know, all

right, I'm going to talk about my presentation before

I

do my presentation so you know what to expect.

And one of the things that I would say is that I'm not

going to use any graphic descriptions of violence.

Well, I realized last week that what I think is a

graphic description of violence is different from what other people think.

a  
my  
So what I ended up doing, I presented on Wednesday to a group and then I closed the event on that Friday and between Wednesday and Friday, I realized that during my presentation on Wednesday I triggered quite a few people.

and  
they  
And so I started my presentation on Friday with an apology for triggering people recognizing that my presentation is hard but that I had people come to me and talk to me about what it was that was triggering it's not the fact that I'm giving more details than they expect.

It's that I set it up to say this isn't going to be really hard to listen to, like I'm going to do it this way, and they trust that I'm going to do it that way,



I

but then I don't do it that way even though in my mind

think I am.

how

So the things, what I would do is I would talk about

things happened.

So what I'm learning now is really to like not use terms -- and this is something I try not to do in my training, but to describe what I'm going to do.

So what I did then on Friday is I said, so I'm going to -- when I present now I'm going to talk to you a

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little bit about some stuff that happened.

I'm not going to use like details of sexual violence, but I am going to talk to you about things that are really hard.

yourself

I'm going to mention things about rape and about gang rape, and it's going to -- you know, it's hard because this experience is hard so please take care of

while you listen.

room.

If you need to leave the room, you know, leave the

were

And so because I was so cognizant of it, I even paused right before I was going to give some descriptions of, you know, something that I thought might be triggering to other people, and that went better but I think what was most important was that people in the room that

they

triggered on Wednesday came up and thanked me for recognizing it, that they wanted to be able to talk to me about it but they felt a little intimidated and

got

also felt like it might be a little weird that they

triggered because I said that it shouldn't be triggering.

>> Right.

>> So I try to -- so my lesson is to, again, set it up really carefully.

some

Pay close attention to your audience so you can see

that

of the signs of trigger and then be approachable so

people can tell you what it was that was hard for them  
so that maybe you can refine your presentations and so  
from now on I'm not going to say, you know, I'm going  
to

define what I mean by not giving graphic details.  
I'm going to say what it is that I'm going to be  
talking  
about and then remind people to take care of  
themselves.

>> Yeah.

>> If I can add one thing on this idea of the  
vicarious  
resilience piece.

It's a both and.

I think everything Olga said is so important and I  
actually could do better in being able to recognize  
and

respond when, you know -- to instances of triggers  
because in my mind one of the things is like I'm  
really

trying to normalize storytelling, and like I feel like  
that's super important, and especially because I also  
feel that a lot of times we in the United States, we  
kind of -- we conflate feeling safe with feeling  
comfortable.

So I find that sometimes people are triggered and I  
ask

people to think about what is triggering you in the moment.

Sometimes it's because you've had a similar experience and that should be handled a particular way and you should take care of yourself, but sometimes it's

because

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uncomfortable,

it's triggering you because it makes you

and particularly when those -- that's particularly important for me when it includes things like racism

and

sexual assault.

So I ask people to instead of removing themselves from the situation, ask why it's triggering you because I think it's -- to me it's really important that we tell stories, difficult stories of things that happen in

our

lives to assist one another and help each other to release the intense feelings that underlie these stories.

And so that's what I mean by it's a both and.

So recognizing that triggers are really important but also recognizing what they're about and how we can release all of these feelings by normalizing these stories I think is also just as important.

>> Right.

Thanks, Ruby, and thanks, Olga.

Jimmy, any reflections on -- because I know you mentioned how much you get personal questions as well.

>> I'll be talking to prosecutors, police, probation officers and and I have people who have never told

their

story and they want to talk.

If we trigger people are we going to be able to assist people when they come up and talk to us or do we have

57

the resources available.

up.

I haven't -- I had one person who was pretty shaken

to

It just brought back a lot of memories that he tried

compartmentalize and not really deal with.

The other thing is not to trigger ourselves when we speak.

I've been telling my story a long time at least ten years and it's pretty easy for me.

before  
And one day I was sitting in a different session

ACEs  
my session, and I decided to go ahead and take the score.

I knew my score would be high and I knew all the questions.

did  
I've seen them a million times but I never actually

me  
the score or looked at the number and it kind of put

a  
a little in my head and I don't think I was as good of

a  
presenter because I got stuck back in my own life for

up  
minute so there's also making sure I'm prepared to go

there and I'm not doing stuff to retrigger myself and I'm not doing something to throw me off balance.

>> Thanks, Jimmy.

to  
Any other thought on triggering others before we move

our final topic?

All right.

>> I have --

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>> Go ahead.

specific  
to this audience.

I'm not sure, but I was really lucky to be able to  
September,

I  
and they had a room for people to go if they got  
triggered and after my presentation, they asked me if  
had be willing to go and sit with the people that had  
been triggered, and I did.

could  
And I've never thought to do that before and I could  
just sit with them and if they had questions, they

could  
them  
ask me questions, and nobody really had questions as  
much as they were crying, and I could just sit with

and just kind of hear, and so then I started crying  
myself because of the -- you know, just like the -- it  
was really, really powerful.

women

So last week there was a woman who was one of the who got triggered at that training, and she came up to me, and she says I don't know if you remember but you sat with me after that presentation you did in Denver, and I really appreciated it.

for

And it just -- it reminded me how important that was

similar

me personally, but for other people who have had

experiences to mine to like it's -- you know, it's -- it's kind of like what Ruby said.

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able

It's one of those things that's going to happen if you've had experiences like this, and so to just be to kind of be with people in their pain is really, really important as well.

>> Thanks, Olga, and it's so kind and generous for you to do that.

in

And I also want to acknowledge that while you may be



too. a place where you feel you have the capacity to give that, that not everybody will, and that that's okay

can So I mean I think it's an important strategy, and I

telling understand that it may have been -- you know, be beneficial for your healing as well, but I guess in shifting our conversation to talk about self-care and wellness if you're a person who is listening to these strategies and is thinking I don't know that I could have it in me to sit and cry with somebody after

my story, that that's okay and that, you know, maybe some days you will and maybe some days you won't.

panelists So this all said, I guess I'm wondering if our

can reflect on self-care and wellness because really your wellness is critically important.

You in sharing your story are sharing yourself and so investing in your wellness is a very important part of the process of storytelling.

we've And when it comes to managing the challenges that

been talking about, it's really important to allow  
yourself the space and time to process the feelings  
that  
may come up for you throughout the process.  
And so for those of us, and I'm just going to put  
myself  
out there, who have a tendency to ruminate and replay  
events, there may be a risk of internalizing other's  
perceptions of you and your experience especially when  
you're asked those questions that feel shaming and  
feel  
judgmental.  
So I'm wondering if our panelists could reflect on  
self-care strategies, what do you recommend when it  
comes to the after part after you've dealt with these  
challenging audiences and, you know, what do you do to  
kind of recover and repair after those experiences?  
>> Hi, this is Rebecca.  
>> Go ahead, Rebecca.  
>> Thank you.  
So I think this is a great question for sharing our  
stories, and then also this modern world we're living  
in  
where there are -- you know, there's things happening  
on

go  
worked  
wreck

social media, there's twitter, all of this stuff can  
on, and I think that two things that have really  
for me.  
One, the value of a mentor.  
That person who can say check yourself before you

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so

are

balances

yourself and that mentor that can heal you in two  
minutes flat because they understand that you can be  
vulnerable with them.  
You can put all of your stuff on the table and they  
part of your healing.  
A mentor is your most valuable asset.  
And then the second thing is having checks and  
with yourself, that we're imperfect beings.  
I ruminate too.  
For some reason that self-critic is pretty harsh.  
And it's okay to be imperfect and it's just a nudge to

do better the next time but you must pay attention to yourself and your healing journey.

>> Thanks, Rebecca.

>> Sure.

>> Who else?

>> So I'll jump in at this point.

So I tend to -- when I know I'm going to go some place and share, I usually know -- I usually have an idea of how hard it's going to be for me, so then I plan what I'm doing when my day at that conference or my day at that training is done, and so sometimes -- most of the time what I do is I kind of go and I have time to

myself

in the room, and I usually, you know, call my partner and talk to her about how things went, or just talk to

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there's

her because it's really grounding for me, or if

folks that I know and I'm super comfortable with, I'll ask to get together with them.

bad

And just to be able to -- because sometimes when I'm left to my own devices the ruminating can get really

but I don't want to be around too many people because I'm an introvert and it's exhausting to do all of that during the day and do that again at night.

super

But there are some people that I just feel really

take

comfortable with and they give me energy more than

spend

energy from me, and so those are -- if they're at the conference or they're near by I'm going to want to

some time with them.

conference

As an example last week I was presenting at a

were

that was really challenging for me and it just so happened that Ruby and our other colleague Patricia

for

like a short Uber ride away so I would get together

me,

dinner with them and I would like feel so much better and I would forget even that I had just spent the day presenting, so that's just something that works for

but to be really -- I think to be really thoughtful about what is your day going to be like after you present or the next few days after you present and to try to do things that feed your soul that you really

love or that -- or do things that kind of sensor you,

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you know, spending quiet time if that's what works for you.

>> Thanks, Olga.

Jimmy -- Ruby, go ahead.

>> Yeah, no, they've done so well so I don't want to repeat anything.

But I do want to bring in because to me the question Debbie asked to me it really fits in here because part of the wellness, right, is people's, you know, what

are

other people saying about your story, how are they receiving it and she was asking a question about when she's being questioned about her story not by

audiences

but by her own family members about how that --

whether

that happened or not.

So remember there are other stories out in the world that help us deal with our own stories and to me I

heard

a story many many years ago that was about a school teacher who were dealing with two students who were constantly fighting and they just were always arguing and she tried -- she sat them down one time and what's going on?

she

And the one girl no matter what I say she's just --

always has to argue with me.

If I say something is blue and it's red.

And the other girl no, that's you.

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And going back and forth.

the

So she pulls outs a ball and she sits it in front of them and she asks the girl to her left what color is

ball?

white.

One girls says black and the other girl says it's

And see what I mean?

that

And she flipped the ball around and it is black on

side and the other ball is white.

side

So what they're seeing is what they see from their

is

from their lens from their experience and to me that

a perfect story even for our families.

and

I recently started writing down some of my thoughts

my brother was here and he picked it up because I'm

writing -- sorry, my video went out but my -- and he

reads it and my sisters pick it up and that's exactly

that

how I remember it and he's like see, I didn't know

part or that's not what I remember.

And we're able -- and being able to engage in a

conversation where I can say what do you remember?

How -- what did you see from your side, you know?

certain

And a lot of times it's not -- it's that he has

pieces that I didn't have and maybe the picture is

fuller when we put the pieces together but sometimes

that's just what it looked like from your side, and I

think that if you're able to engage in conversations



this with your family about from the perspective I had,  
is what it looked.

So none of you are liars.

It just looks different from each side.

better And so the better we're able to express some of those  
ideas about this was my experience, this is how it  
looked like from the lens that I had, I think the

we'll be able to engage some of our families and that  
contributes to our own wellness because we want to be  
respectful of all those stories well.

>> Thanks so much, Ruby.

Jimmy any thoughts on taking care of yourself?

work >> You know, I think for me some of it is more prep

and what I mean by prep work so I'm a spiritual person  
and kind of similar to what Ruby was just saying I  
believe people hear what they want to hear so I always  
ask because what I will do after I tell a story, oh, I  
should have said this or I could have done that.

I decided that I pray that the spirit moves me and  
people hear what they need to hear whether I say it  
right or not that the message is delivered through the  
holy spirit or whatever you want to believe in, so

that

helps me let it go.

So I get up there, I might be nervous. I take a deep breath and ask that my message is blessed and I just

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feel that I give it out, and when I first did my presentations, I just had such supportive staff around me.

the

I was so close with a group of people we were doing

know

trainings with that I just had instant support, you

what I mean?

And that made it really well.

Now I can go into a conference where I may not know a lot of people.

I just know there's a lot of good people in the world, but in the beginning it was nice having people who I trusted and loved and cared for and knew cared for me and it gave me strength.

>> And I want to follow up with one thing because

Debbie

case

did clarify in her comments that in her particular

a

I think that's good, the comments and the stories are good generally, and in hers maybe somebody is hearing

little piece or a story or a news article and so they don't even have the whole picture to have their own narrative.

tough

So in those particular cases although I know it's

my

and I've had to get to this point, it's not like I had this right away but it's that my role is only to tell

story.

of

My role is not to control somebody else's perception

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my story.

My role is not to convince them that their story is incorrect.

I

You know, I go into it saying I'm telling my story and

who  
we  
keep  
you

don't know if that would help Debbie or anyone else  
is experiencing somebody else getting their story from  
secondhand sources, but we only have control over how  
tell our own story, and so I would just urge us to  
that in mind when we put it forward because otherwise  
that trying to control what's around you can defeat  
in your purpose of telling your story.

>> Right.

>> This is Rebecca.

Thank you so much for that, Ruby.

people

I'm going to say the things that were -- you're not  
supposed to say but there are hecklers, there are  
who will give you a hard time.

And I think what Ruby said is so right on.

We have to make I statements, continue on our healing  
story and know that our stories are our own.

those  
is

There are always going to be those -- that one or  
ones out there that are on their own journey and that  
their journey so stay on yours in a good way.

Thank you.

>> Thank you.

And such beautiful closing thoughts as we kind of move into our last few minutes together.

Thanks for all your input on self-care and wellness.

It's something we definitely prioritize in our project.

Thank you for your questions throughout today's webinar.

Thanks, Debbie and others who have commented and shared

stories in the chat.

You've really helped to make this learning experience together really rich.

I want to remind everybody that, you know, you matter, emphasizing what Rebecca just closed with, what gives your story value is you, so no matter how your story

is received by others, it's a gift you're giving, and I want to remind you to think of it in that way.

I do want to express my deep gratitude to my friends and panelists, Rebecca, Jimmy, Ruby and Olga for sharing

such rich and valuable perspectives and stories and experiences that really help to bring to light how we deal with these challenging audiences but move forward anyway because it's important to move forward.

I also want to thank my colleagues Justine and Breckan for your awesome work and supporting this webinar and special thanks to Jayne for providing today's captioning.

You've been amazing.

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I want to encourage all of you to join us for our next webinar that's happening in January.

We're titling it Not One Path, Speaking to Our Relationships With Those Who Abuse.

So that also I think will be a very engaging and rich discussion, and if you are not currently part of our speakers bureau and you're interested in doing that, please be sure to reach out to us at the NRCDV and we will follow up with you and pull you in to that initiative.

So thank you to all the presenters today, all of our wonderful panelists, and to our participants for spending some time with us this afternoon.

Thanks, everybody.

>> Thank you.

>> Thank you.

>> Thank you.

>> Thanks.

Bye-bye.

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