



National Resource Center on Domestic Violence

NRCDV Webinar Series Loss, Self-care & Healing:

Surviving and Thriving in the
Midst of a Pandemic

A Community Response to Loss and Grief
to COVID19

Part I

GHIA KELLY, MSW
CAROLINA BAUTISTA-VELEZ, CLC

Carolina Bautista-Velez, CLC

NRC DV STANDS

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WE STAND with individuals and groups who have been targeted, degraded, threatened, or marginalized because they are Native Americans, people of color, immigrants, women, Muslims, LGBTQ, or people with disabilities.

WE STAND against white supremacy, racism, misogyny, anti-Semitism, homophobia, transphobia, xenophobia, and 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 of 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.

WE STAND with other activists and organizations who continue to work passionately for gender, racial, economic, and social justice for ALL.



National Resource Center
on Domestic Violence

November 11, 2016

Grief, Loss & the Power of Personal Narrative

Ghia Kelly, MSW
The Gift of Truth, Inc

A Little About Me:

- Clinical Social Worker; Currently pursuing Doctorate in Transformational Leadership
- Faith Leader, Advocate & Life Coach
- Worked in the DV/SV movement for 10 years
 - Local DV Shelter-SV Counselor/SANE Coordinator; Community Education & Training Director'
 - State Coalition- DV & Child Welfare Advocate/ Trainer; Director of Child Welfare Initiatives
- Currently working on state-level issues related to early childhood, racial equity, and community engagement



Moment of Reflection

These Are Unprecedented Times



Loss



Uncertainty



Reflection



Reprioritization

Grieving Is Healthy!

- Grief is our natural response to loss
- There is no right or wrong way to grieve, but there are healthy ways to deal with the grieving process.
- Types of losses
 - Loss of a loved one
 - Loss of a job and/or financial stability
 - Loss of a cherished dream
 - Loss of safety after a trauma

Stages of grief



Kübler-Ross Model

**What Story Are You Telling
Yourself?**

"It is the story of self-narrative that determines the shape of the expression of our lived experience."

MICHAEL WHITE,
RE-AUTHORING LIVES

**The Choice
Is Yours...**



A black and white photograph of a concrete wall in a tunnel. The wall is covered in graffiti, including the words 'BRAIN', 'LIFE', and 'DEATH'. The phrase 'FEAR IS A LIAR.' is painted in large, bold, black capital letters, underlined. A light fixture is mounted on the wall above the text. To the left, a dark opening leads to a bright, rocky area.

FEAR IS A LIAR.

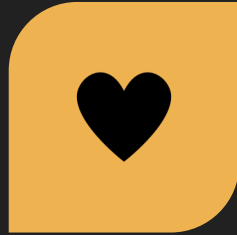
Strategies for Personal Peace



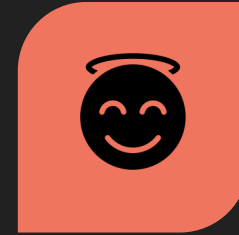
SHIFT YOUR
FOCUS



SELF CARE



GRATITUDE



MINDFULNESS



HELP OTHERS

Together

WE WILL GET
THROUGH
THIS

Thank You!

Ghia Kelly, MSW
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Awareness & Self-Compassion: An Approach for Individual & Collective Liberation

Carolina Bautista-Velez, CLC Metamorphosis-Coaching



The picture can't be displayed.

Arriving To The Present Moment...

What is Compassion?



Concern for the alleviation
of suffering of sentient
beings.
(self and others)

What is Self-Compassion?

- Treating ourselves with the same kindness as we will treat a friend when things go wrong.
- Tip to access self-compassion: If your close friend was struggling with the same thing you are, what would you tell them? And can you begin turning those words towards yourself?

Self- Compassion



So Why Don't We Do It?



“Our brain has a negativity bias,
which makes it like

VELCRO FOR THE BAD and
TEFLON FOR THE GOOD.

so we have to **learn** to take in
the positive experiences, weaving them
into the fabric of our brains.”

-RICK HANSON, PH.D.



Physiology of Self-Compassion and Self Criticism

Understanding Your Brain

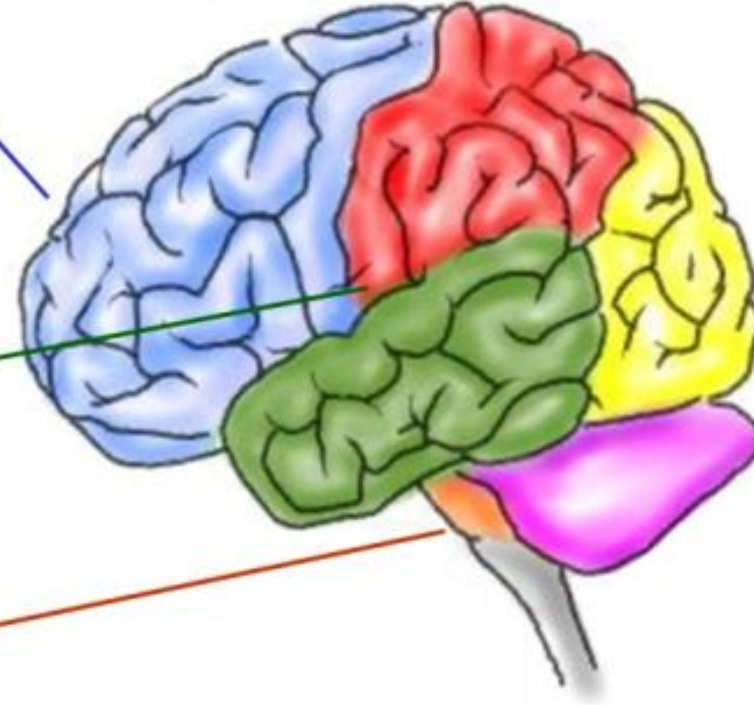
HARRIS

- **Frontal Lobe
Executive Center**
Planning, prioritizing,
organizing, reason,
logic, impulse control,
empathy

- **Limbic System
Emotional Center**
Memory, learning,
emotions

- **Brain Stem
Survival Center**
Fight, flight, freeze
(attack or defend)

THREAT!!!!



www.consciousdiscipline.com

Components of Stress Response & Mindful Self-Compassion

Stress Response	Stress Response Turned Inward	Self-Compassion
Fight	Self-Criticism	Self-Kindness
Flight	Isolation	Common Humanity
Freeze	Rumination	Mindfulness

**BETWEEN STIMULUS AND
RESPONSE THERE IS A
SPACE. IN THAT SPACE IS
OUR POWER TO CHOOSE
OUR RESPONSE. IN OUR
RESPONSE LIES OUR
GROWTH AND OUR
FREEDOM.**

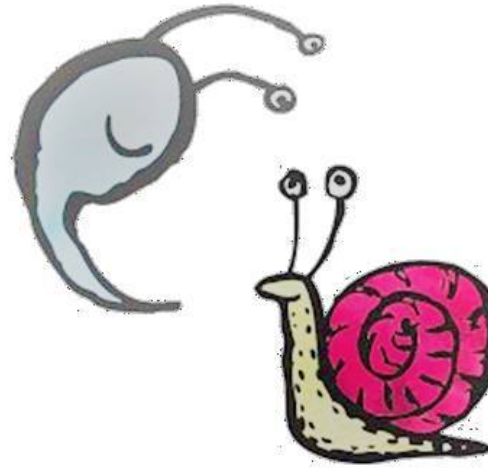
Viktor E. Frankl

Self-Compassion Practices

Southing Touch



Compassionate Break



"Be careful how you are
talking to yourself,
because you are listening."

- Lisa M Hayes

Mindful Self-Compassion Resources

- UCSD Center for Mindfulness: <https://medschool.ucsd.edu/som/fmph/research/mindfulness/Pages/default.aspx>
- Center for Mindful Self-Compassion: <https://centerformsc.org/>
- Kirstin Neff: <https://self-compassion.org/>
- Chris Germer: <https://chrisgermer.com/>



Thank you!

Carolina Bautista-Velez

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"A moment of self-compassion can change your entire day. A string of such moments can change the course of your entire life."- Christopher Germer

We Need your Feedback



Thank you for attending our session today. Your experience at this training is very important to us.



We invite you take a few minutes to complete a short survey and provide your feedback. The survey should take less than four minutes. Your participation is voluntary, anonymous and confidential.



Connect with us:

The National Resource Center on Domestic Violence (www.nrcdv.org) provides a wide range of free, comprehensive, and individualized technical assistance, training, and specialized resource materials. Access our publications online at VAWnet.org.

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