

LIGHTLY EDITED FILE

Resilience, Trauma and Hope, a Healing Response
National Resource Center on Domestic Violence

(NRCDV)

Remote CART

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612.339.0545

captioning-paradigm@veritext.com

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>> Hello, everyone.

Welcome to our session.

This is Ivonne Ortiz.

I'm the training institute manager for the NRCDV.

We're getting ready to start.

We are excited.

This is a great session.

our
First I wanted to tell you a couple of things about
system.

As you can see, we have the chat going on.

People are introducing themselves.

joining
Feel free to say hello and tell us where you're

us from.

Please be sure that you don't post anything that is private because this is a -- it's not a private chat. Also we recommend for you to call the conference call line because for better audio throughout the session. So we'll be starting in a couple of minutes.

Checking the audio again I see that someone said that the audio was really low.

What about now, Natalia?

Good?

Okay.

Audrey says it's good.

Slightly better.

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Make sure that you are calling the 1-877 number.

Okay.

Perfect.

Hello, everyone.

My name is Ivonne Ortiz.

I'm the training institute manager for the National Resource Center on Domestic Violence.

Thank you for joining us today and welcome to our webinar titled Resilience, Trauma and Hope, a Healing Response.

This is part II of the series love, self-care and healing, surviving and thriving in the midst of a pandemic, a community response to loss and grief to COVID-19.

you If you didn't get a chance to participate in part I, can find the recording in our online library.

The link will be posted in the chat.

work Before we start our session today, we're very, very excited, I want to tell you a little bit about the

of the National Resource Center on Domestic Violence.

capacity At the NRCDV we work towards strengthening the

of programs responding to domestic violence and their families by promoting effective programs, research and engagement in prevention.

Begin in 2016 NRCDV engaged in a racial justice

initiative designed to transform policy, procedures, practices and organizational culture to be racially equitable and inclusive.

includes

NRCDV's internal work to advance racial equity

the NRCDV stands that you're looking at.

accountable

This statement guides our work and keeps us

to those communities that we stand in solidarity with.

and

Our webinar today will focus on the impact of trauma

resilience

will explore how to center hope, healing and

for ourselves and our community.

The presenters will introduce a holistic healing approach including culture, spirituality, community action and collective healing.

Help me welcome our presenters.

Hi, Vanessa, and hi, Latoya.

How are you ladies today?

>> Hello, Ivonne.

I am doing well.

I'm so excited to be here, so excited to be here with you this afternoon and with all the participants.

>> Yes.

Hi, Vanessa.

>> Hi.

to Very happy to be here with you all too and so excited
get some good healing and learning happening soon.

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>> We are ready, we are ready.

So before we start, I'm going to tell you great things
about Vanessa and Latoya.

I'm going to read their bios.

Vanessa is a licensed psychotherapist, Reiki master,
yoga teacher, public speaker, graduate level professor
and owner of Kindred Tree Healing Center.

She has extensive training in play therapy and other
expressive therapies like art, music and sand tray.

areas She brings forth over a decade of expertise in the
of child development, parenting, trauma and attachment
issues.

Prior to opening Kindred Tree Healing Center, she

worked

counseling

survivors

at various non-profits as a therapist and consider herself a child and antiviolence advocate.

She's been in director level positions within organizations including operating a clinical

and court advocacy program for child and adult

of violence and human trafficking.

She also enjoys speaking at conferences all over the nation and providing supervision and consultation to organizations and therapist regarding attachment, trauma, and expressive play/art therapies.

Amazing.

And now Latoya Mcleod is a licensed clinical social

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worker based in Queens, New York.

Latoya has been practicing in the field of social work for over ten years with her expertise spanning from child welfare, hospital behavioral health and schools.

Latoya is currently a high school social worker where

facilitates
groups.

she serves as a member of the clinical crisis response team, provides individual and group therapy,

staff, parent and student trainings and support

Latoya is the owner of her private therapy practice, Lmcleod Counseling where she specializes in the treatment of anxiety, mood disorders and major life stressors.

Latoya utilizes a combination of cognitive behavioral and solution focused therapy as a means of healing and helping others lead a healthy fulfilling life.

Latoya is a strong advocate for self-care.

masters

Latoya received her bachelor of arts in psychology at Hunter College, the University of New York, her

of social work at Silberman School of Social Work at Hunter College, and her post grad certificate in advanced assessment and diagnosis at NYU.

So ladies, we are ready for you, and Latoya, take it away.

>> Thank you.

Thank you so much, Ivonne, for such a warm welcome.

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an

the

back

that

I am indeed honored to be here this afternoon and to share this space with everyone this evening for such

amazing and a necessary topic.

I want to thank the entire NRCDV team working behind

scenes to make this come to fruition.

This is such an amazing time for us to do this.

Arlene, I want to say thank you as well for extending the invitation, and participants, I hope we can get an afternoon filled with healing and learning and encouraging from each other.

I welcome all chat, all conversations in the chat box.

I will do my best to go through my presentation and

and forth with the conversation in the chat as I go along, so please leave your comments, leave your thoughts, leave your questions.

I hope that this afternoon as we peel through the dynamics of trauma and healing and this unprecedented time that we're living in that you will leave with a message of hope and a message of resiliency, right,

we will learn that we are resilient people and we are

survivors, right?

So we're going to peel through a lot of things this evening, this afternoon, and some of it might feel a little heavy at times, and some of it, you know, are things that as advocates, as people working in the

8

with,

this

this

we're

has

field, as caregivers that you're already familiar

but it's never been a more important time to be in

space and platform to have this conversation.

So again I invite all conversations as I go through

afternoon in this presentation.

So just an overview of what I'll be going through,

talking about the COVID-19 pandemic, right?

Unprecedented times.

Life as we know it and our lifestyle, our livelihood

been turned upside down on its head.

We're left with a lot of what now questions.

Where do we go from here, right?

And it leaves us confused and traumatized and, you know, with many questions, few answers, but as I said, I want us to have a feeling of hope and resiliency and healing this afternoon, so just to go through a few of the things we'll be talking about, the COVID-19 pandemic. How this has been affecting all of us or someone you know for the past few months.

Trauma or trauma experience in the wake of COVID-19. Vicarious trauma, what that looks like for us as clinicians, as professionals, as caregivers in the field, as advocates.

Compassion fatigue, right, and how this with trauma, response trauma exposure.

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Changing the narrative and this is where the real work comes in with beginning our journey to healing, beginning our journey to hope, understanding that

we're

living in unprecedented times butter this is not the
ends all be all.

So how do we change the narrative from hopelessness to
hopefulness.

How are you coping?

through

We'll spends the afternoon looking at what are the
coping mechanisms that you've been using to push

the uncertain times.

Are they good?

Are they not so good?

Are there things we need to unlearn in order to move
forward?

as

Healing and how healing will look and shape and form

we move guard in this global pandemic and what we're
facing in the United States now individually and
collectively.

And some evidence-based practice that we can put into
practice this afternoon, right, some things that has
been shown to scientifically help the mind, body and
soul to heal.

check

So before I get started I wanted to do a wellness

in, a wellness check-in on your emotions.

And I invite you in the chat this afternoon to share with me, how are you really doing?

How are you really doing?

In this moment, in this time, not five minutes ago or five hours ago, but in this moment right now, how are you really doing?

Right?

I feel like this question has been so overused over the past few weeks that it's lost some of its intentionality.

It's lost some of its meaning.

It's lost -- I see that, weary, exhausted, overwhelmed, stressed.

Exhausted.

I hear that.

I feel you.

I feel the feelings, right?

Sometimes we don't even know the words to use to explain

we've

how we're feeling.

This has taken on such an in-genuine and auto response over the past few weeks because of everything that

been going through.

Tired, frustrated, anxious.

Drained.

I see that.

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Overloaded.

Impatient, stressed.

You are not alone.

You're not alone in what you're feeling.

We have millions of people who have been affected one way or another, or you knew someone who has been affected and continues to be affected by what we're going through now.

Heart broken, absolutely.

I thank you for sharing these feelings.

Thank you.

as
And as we continue, you know, with the presentation,
we continue even after, I encourage you to reflect and
tap into these feelings and emotions.
And when someone asks, how are you really doing, how
are
you doing really, right, that you can give these
honest
answers that you've shared with me.
I feel great.
I use self-care often also.
That is awesome.
We'll speak about that, how self-care plays a part in
your healing journey.
The COVID-19 pandemic as we know it is undoubtedly
stressful times for everyone, right?
We're going through a collective traumatic experience.

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We're all suffering.
Even if we have not felt an individual impact or a
negative impact on what we're going through, you

probably know someone who is.

this

If you're advocates working in the field, if you're activists, right, who are out there, you know someone who has been negatively impacted or traumatized by pandemic and what we're going through.

not

We find ourselves evaluating what's working, what's working in our lives.

Whether personally or professionally, we're constantly seeing people around us who are hurting and suffering. Right?

These are real feelings.

These are real emotions, and we're going through this together, individually and collectively.

and

There's a need to help ourselves and to help others to find purpose in this process, right?

We see people who are volunteering.

They're trying to make meaning out of madness.

Okay?

We're trying to make meaning out of uncertainty.

blank

The what next, we can't put a -- we can't fill the

of what's next, but we are trying to create a purpose.

We're trying to help ourselves as we move along, and

this process can be overwhelming.

It can be mentally draining, and it can be traumatic, right?

It can be traumatic.

We're there as advocates as caregivers, as family members, we're there.

traumatic

We're willing to help, but this can take a toll on us mentally and it can also take a toll on us in ways.

right?

So this leads me into a working definition of trauma that we're going to be working with this evening,

So just to put this into context into what people are feeling and the magnitude of what's happening emotionally, mentally, right, physically.

Trauma is a psychological, emotional sponsor an experience that is deeply distressing or disturbing. Trauma is an emotional response to something terrible that's happened, for example, car accidents, natural

disasters, violence, wars and pandemics.

cope. Extreme stress overwhelms the person's capacity to

We'll talk about coping later on and how it manifests itself into good coping skills or unhealthy coping skills.

Emotionally, spiritually, emotionally, mentally, we're not built for this.

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Our bodies enter fight, flight or freeze mode, right?

We get stuck.

We get stuck or we run away.

minutes We're going to talk about dissociation in a few

what's and a freeze mode or running away mode, denial of

happening, not accepting the scope of what's happening in our lives and environment and families, right?

Trauma.

So I promise you social security not a statistics course.

I included some data so we can get an idea of where we are as a country, where we are as a country dealing with trauma and who have been affected by trauma, mental health of trauma survivors, right?

So 70% of adults in the U.S. have experienced some sort of traumatic event at least once in their life. That's over 200 million people alone in the United States, right?

That's a lot of people's experience. Those examples that I gave earlier of the definition, right?

Experience of war, experience of car accidents, experience of sexual violence that has happened to them.

That's a lot of people.

It's public behavioral health, over 90% of clients have

experienced trauma, and as advocates working in the field, you see this every day.

This is your life.

This is your professional encounter with your clients, with your survivors that you work with, right?

People are being impacted.

Trauma is a risk factor in all behavioral health and substance abuse disorders so when we talk about cooccurring disorders, when we talk about diagnosis of anxiety and substance abuse, right?

Underlying factors, trauma might be a factor when you dig deeper into what happened in the past.

There's likely something that triggered this

behavioral

health issue or the substance abuse issue.

Johns Hopkins University who is now trail blazing a

lot

of the COVID-19 research here in the U.S.

They're doing research studying the mental health impacts amidst the COVID-19 pandemic, and already

we're

in June, we're just about five or six months into this pandemic, and early results from the general public already show that increase in mental distress due to

the

traumatic events related to COVID-19.

Early results.

Usually these researches take years and years, right,

to

being

get full data of tracking people and seeing who is

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affected, what areas, what neighborhoods, right?

by

Who are the people out there that are being impacted

COVID-19?

mental

Already five or six months down the line and we're seeing early results that there's an increase in

this

distress due to traumatic events and you're seeing

as well being on the rise in New York City alone our emotional health help lines went from a few hundred calls a day up to anywhere around 6,000.

The U.S. released some data that mental health calls went up 896% in the last five or six months.

That's a lot of people who are being impacted.

That's a lot of people who are seeking help.

domestic

There's been a nationwide increase of calls to

violence help lines and suicide hot lines.

That's true.

So what is this experience look like?

Why are these calls being made?

Where are these numbers on high in five or six months?

What are you feeling?

What are you feeling and what's going on in your life,
right?

An overwhelming amount of the public experience the
traumatic event.

if As I said earlier if that wasn't for you personally,

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you can't relate to that personally, you probably know
someone who does or who has been impacted whether
personally or professionally.

And so loss and grief, right?

People losing loved ones.

Globally millions of people have died.

Millions of precious souls have been lost.

Jobs have been lost.

Unemployment has gone to 50 million people.

That's a lot of people who are home insecure and food insecure.

A locality of uncertainty is going on in the world.

Health care is a threat in the midst of this pandemic.

Businesses, sense of self.

Personal safety has been a big issue, right?

There's increase and anxiety and paranoia about people leaving home.

There's a message of sheltering in place and social distancing is causing increased anxiety so personal safety is being threatened and in the midst of the pandemic we have racial and social unrest, right?

So that adds another layer and another dynamic to the trauma that's been going on here.

Isolation.

The message through the pandemic has been to social

distance.

For many people this can be easily translated or

result

population,

in isolation, so think about our vulnerable
right?

Who are you thinking of when you think about our
vulnerable population?

Or children in care, right?

Or survivors who might not be in the safest shelter in
place environment with their partner, right?

essential

Increased paranoia around contracting COVID-19 and how
to keep your loved ones safe so we talk about

coming

workers who are out there on the front lines and
home.

I'm sure you've seen on the TV and social media many
times that the health care professionals and essential
workers who have to leave their own families.

at

Make the sacrifice is a choice to leave their own
families so that they don't risk putting their family
risk.

For health care workers and essential workers having a
hard time keeping it together themselves emotionally.

As I said earlier, this is draining.

This is hard stuff to digest.

They're on the front line holding the hands of people

who their family members can't be there for them.

19

Absolutely I'm watching in the chat.

Calls have increased, CPS calls have increased.

Absolutely there are increased calls for children in danger.

These are traumatic things to deal with.

These are heavy things for us as professionals to digest, for human beings to digest, right?

Knowing that not every environment is a safe shelter
in
place environment.

Health care workers as I mentioned.

Anxiety for personal and professional safety is on the rise.

And this is leading to a lot of feelings and a lot of stress and a lot of trauma also for health care
workers

and/or front line workers, right?

Vicarious trauma is another aspect of trauma that has been on the forefront for the past few months, right?

And this is -- vicarious trauma, it's real.

It happens, right?

I know this comes with some form of guilt sometimes
from
professionals.

You feel like you're not supposed to feel this way.
Our

working definition this evening of vicarious trauma is
that emotional residue of exposure that counselors
have

of working with people as they're hearing trauma
stories

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and becoming witness to their pain.

Fear and terror that trauma survivors experience,
right?

So imagine those working on the front line of
hospitals,

hearing those stories from family members and hearing
the stories from the patients themselves.

That takes a toll emotionally, that emotional residue
of
exposure.

I'm sure many of you can -- please share in the chat with me if this is something that resonates with you, if this is a feeling that you've experienced, vicarious secondary trauma, right? Consider the emotional vulnerability of frontline and health care workers. The vicarious trauma that they're experiencing while taking care of others. It's important to be aware of the signs and symptoms of vicarious trauma as a potential emotional effect of working with trauma survivors, right? So inadvertently we're being traumatized as well, right? This might not have -- as I said, it's not a direct trauma experience that we're having but hearing other stories, what they're going through, right? That feeling of helplessness that you have. You're hearing the trauma stories or you listen to someone's story and we're not able to help in that

moment.

Absolutely, I'm watching the chat.

Veronica that is why we need self-care.

Vicarious trauma is real.

It's absolutely real.

It's also true for family members who are caring for others following a traumatic experience.

So this is not just limited to professionals in the field or front line or health care workers.

Family members who are also caring for loved ones, right?

Who may experience one of the effects are impacted by COVID-19 may also be impacted by this.

Some of the signs.

So what are some of the signs?

Share with me, please.

Tell me how you fell, if this is something that's resonated with you, if vicarious trauma is something that you have identified with, what does this look

like

for you, right?

How did this come up and what are some of the feelings associated with it.

of

Here I listed some of the classic signs and symptoms

vicarious trauma, losing sleep over a patient or a client, right?

22

minutes. We're going to talk about losing sleep in a few

That's been a big thing that we're dealing with as a society, as people, lifestyles have changed.

the Inability to sleep has been an incredible factor in things that people are facing.

Having difficulty talking about feelings, right?

Worried about not doing enough for clients, so as I said, this happens from -- it comes from a place of caring, right?

If we didn't care, we probably would not be there listening to the stories of our clients or family members and other people that we're around or that we work with, our colleagues.

Let's not forget our colleagues, right?

Worried about not doing enough for our clients of the

dreaming about our clients' experiences.

These are real things that are happening.

These are real traumatic experiences.

Feelings of hopelessness related to work.

This is important.

This is so important.

I can use the example of on you essential workers all
throughout this presentation I know some of you are

here

in this group as well because sometimes you walk in or
doing your remote or virtual sessions and that feeling

23

of hopelessness takes over, right?

The uncertainty of it all makes it -- if you almost

feel

a sense of dread, right?

And that's not -- don't feel guilty.

Don't feel guilty, right?

Diminished sense of personal and professional
satisfaction.

Nothing to feel guilty about.

start. If you recognize that as a feeling, that's a good
That's a good start to do some self reflection, some
self-awareness, right?
And think about the cost, pause, reset and let's go at
it again of the let's take another day as a
professional
with your colleagues, as a family member, right?
When you're feeling that diminished sense of personal
and professional satisfaction.
Emotional boundaries, right, when it comes to dealing
with our colleagues when we are just not feeling 100%,
right?
It's okay to establish emotional boundaries in the
professional workplace when vicarious trauma is
happening to you.
Compassion fatigue, right?
Compassion fatigue and what is it.
I like to think of vicarious trauma and compassion

fatigue almost like cousins, right?

They're related in a sense.

Compassion fatigue is almost not what happens or the feeling that comes on after being exposed to people's trauma stories, right?

trauma

The vicarious trauma that you feel, the vicarious

fatigue,

that you experience comes with that compassion

right?

In the workplace, in your professional feelings.

You're feeling exhausted.

It's almost your inability to empathize, right, so people take breaks, absolutely.

in

So let's give a definition of compassion fatigue and what this is, and I'm sure manufacture you especially

a time like this when we're going through so much, everything is uncertainty, everything is unclear.

It seems like there's more bad than good that you're hearing when you turn on your social media feed, when you turn on the TV, right?

It seems like you're flooded with negative things and this takes a toll on you.

individuals

So after serving trauma clients and serving

over time, you begin to experience physical and

to

emotional exhaustion leading to a diminished ability
empathize or feel compassion for others, right?

25

empathize

Losing your compassion, losing your ability to
with that person who is laying on the bed who may not
have seen their relatives for a few months, right?
And then the feeling of guilt that comes with that
feeling of not being able to empathize.
You begin to question yourself as a professional, how
can I not be able to relate to these people, how can I
not -- how can I not have some compassion for this
person here.
Again, do not feel guilty about this.
You are not alone in how you feel.
It doesn't make you less of a professional.
It doesn't make you less of a person.
It makes you more aware, when you're feeling the
symptoms, feeling the burdens by the suffering of
others, the physical and emotional exhaustion, the

lead

things

nightmares, the grief, the anxiety and some of these symptoms overlap with vicarious trauma, right?

So continuously hearing other people's stories will you to a place of being emotionally drained.

Depression, this pops up in a lot of the negative that happen in life, right?

Physical complaints.

Bottling of your emotions.

Compassion fatigue.

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out

Ask yourself who can you speak to about this.

What does supervision look like in your organization?

What's your relationship with your colleagues, right, that you can speak to.

Even seeking professional help yourself with dealing with some of these feelings if you feel like they're

of control.

You are not alone in what you feel, absolutely not.

So that was heavy.

That was heavy, trauma, vicarious trauma.

The reality of what we're feeling, the reality of what we're going through, knowing that people are impacted one way or another, and this evening our message is a message of hope and resiliency and knowing and

learning

when to change that narrative, right?

So our presenters last week, Gia and Carolina did a fabulous job of speaking about our narratives and our stories and what are the stories we're telling ourselves.

the

When you see the negative things on social media and

negative things being portrayed on the news how does that influence our stories, our narratives that we're telling ourselves and how do we begin to now shift

from

a place of hopelessness to a place of hopefulness and resiliency.

lost
middle

And what does this even look like when you're sitting with feelings of grief, when you're -- when you've lost your job, when you've lost your house here in the middle of a pandemic.

What does this look like?

How do you begin to even feel hope, right?

Some of this may seem impossible.

I'm here to encourage you that it's not impossible.

It takes work.

right?

It takes looking into how are we already coping,

The dreams.

I see the chat going.

Yes, absolutely, absolutely.

These dreams, right?

The nightmares, all of these are -- it manifests from what we're going through.

I'm watching everything in the chat.

Keep the thoughts and the comments coming.

at

So to begin change in the narrative, we have to look

what's working, right?

What are we doing?

How are these feelings manifesting in our lives?

How are these turning into behaviors that are either

healthy for us for unhealthy for us, right?

we

What are the things we can identify in our lives that

28

can begin to target, that we can begin to do some self-reflection to say okay, maybe it's time to try something different, right?

Overeating or emotional eating.

skills

Some of the unhealthy things or unhealthy coping

that are being manifest because of the impact accident because of the stress that we're going through, right?

Compulsive spending, right?

compulsive

Amazon made a big amount of money because of spending during this pandemic.

It's time to sit back and say where is my money going and why.

Dissociation or detachment, letting go of reality.

This is a big thing for a lot of trauma survivors, right?

Completing dissociating themselves from what's
happening, refusing to accept reality.

Letting go of reality.

in

This is not happening, my life is not being impacted
this way, right?

This is just not happening to me right now, right?

Dissociating themselves, removing themselves from
reality, it's a coping mechanism, right?

mean

Isolation, sheltering in place does not necessarily
that everyone is surviving well in their own company.

29

People are lonely.

This is resulting in loneliness, right?

We are human beings that need connection.

We need connection for healing.

We need connection for growth, for communication.

to

So isolation in the midst of this pandemic has grown
be a very unhealthy way of coping.

Overworking is another.

Irregular sleep patterns and self-harming behaviors, right?

And the list goes on and on, right?

If these are some things that you're seeing with your clients and with the people that you work with, right, it's time to start a conversation around how can --

what

needs to change?

On this journey to healing and tapping into people's strengths, right?

Tapping into what they do well.

Even in the midst of some unhealthy coping skills manifesting from all the stress, right, tapping into what works well for them, and so that the list -- the list of coping skills can turn into the healthy ones that's on the left of the slide, right?

The journalling, exercising, meditating, art, music, prayer, yes, love, praise and worship.

during

Please share in the chat what has worked for you

this pandemic.

Music, talking.

People are getting very creative with how they are coping and surviving.

People are thriving throughout this pandemic.

Going through pictures.

Absolutely.

That's so important, right?

Remembering the good memories, remembering the good times, right?

Prayer.

to

People are leaning closer and closer to their faith,

their faith for their healing journey.

People are still connecting with their places of worship, it's an important part of your livelihood.

what's

So as we continue to navigate this and to look at

how

working and what's not, we can be very creative with

we can develop healthy coping skills.

It starts with embracing healing from a place of hope.

Earlier I said my message for you this evening is not one of, you know, what's next.

Yes, we're asking what's next.

But hopefulness, right?

Hopeful that this what next will turn into something

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positive.

Tuning into our emotions and experiences and
acknowledging that what we're feeling is okay.

Right?

How many times do you do that?

Share with me.

Share with me in the chat how many times do you really
tune into your emotions?

Remember I asked you at the beginning of the
presentation how are you really doing?

How are you really doing today?

That's tuning into your emotions.

That's your own wellness check in and if it's a day
where it's not okay, then it's okay to not be okay and

I

many

think that's one of the things that we grapple with

times even working as advocates we feel like we always
needs to be our best self, right?

But it's okay to not be okay.

Recognize that you don't have to have it figured out
to
move forward.

One step at a time.

Baby steps.

Feel, heal and return to your focus.

You shared with me frustration, overwhelmed, stressed,
right?

32

Sadness, grief.

Feel those emotions.

Heal, return to your focus.

So if your focus is work, if it's family, if it's your
know,
friends, if it's turning into a project that, you
up
you had to put away because you just weren't feeling
to it, feel, heal and return to your focus.

It's during the most challenging times that your grit comes through the most.

Right?

Those soft skills that we need, those soft skills that we need to cope.

Resiliency, determination, right?

It's all things that are good and pleasant we wouldn't learn how to use those skills.

So it's usually during the times that we need it the most, the most challenging times that come through the most.

do
Allowing yourself flexibility, be willing to bend but not break, right?

Allowing yourself flexibility.

This pandemic is -- it's taking out the most creative things in some of us, right?

worship,
We're being creative in how we cope, in how we

in how our day goes, and how we work, how we interact

with each other.

I don't know about you but I feel like I have Zoom fatigue, right?

It's unbelievable.

We are being flexible.

We're being creative.

We're being creative in the conversation that we're having with the energy that we're allowing in our lives.

So being flexible through this pandemic but not allowing it to break your experience, right?

Your traumatic experience is unique to you.

Your traumatic experience and grief is unique to you, right?

We're going through a global pandemic together, together, all of us.

But someone's experience from losing a job might be different from another person's experience of losing a job, so it's important that we don't compare ourselves to how other people are dealing with what we're going through.

Your traumatic experience and grief is unique to you, right?

And your grief however that comes naturally to you.

Right?

So feelings.

34

Healing and what this looks like.

up

So in my practice and in my work with myself and my clients, these are some of the things that have come

our

lately in terms of healing and doing the work around anxiety and stress and recognizing and understanding

trauma responses, right?

to

So I've come up with some words that resonate with myself, my clients, family members that we see coming from more frequently as we try to navigate what are healing and journey looks like and what it feels like

be hopeful.

So hope.

I have the H there representing hope.

Hope in the present and the future because we need to look guard to the positive outcome no matter what is going on in your life.

Energy, what we focus on we feel.

Invite positive hopeful favorable energy into your emotional and physical space.

What you focus on is what you feel.

Acceptance.

Accept the reality of our situation without trying to resist it, right?

This helps us to not get carried away with what we imagine or how we want things to be.

35

Accepting things for what they are will help us moving forward.

Love, our L in healing is for love.

True healing requires love.

We need love, we need connection.

Love is an action.

It's what you do for other people that counts.

It's what you do for yourself that counts, right?

How are we showing love to ourselves in this time of crisis?

things

Love for ourselves, love for others, love for the
around you.
Intentional, right?
Intentional.
Becoming intentional with your purpose.
Saying no to things that aren't important, right?
Saying no to giving your focus to the things that
matter

the most.
Being intentional with our responses.
You know, when someone asks how are you doing today?
If you're not okay, you're not okay and that's an
honest

intentional answer, right?
And if you're doing great, you're doing great.
Becoming intentional with our purpose and our words.
Accept the reality of our situation, yes.

36

Our new normal.

This was a hard one for me, right?

This was a hard one for me.

The new normal is so confusing and your immediate urge is to resist, what does new normal mean.

You're dining out and you're sitting 6 feet away from someone else.

Or your new normal is now working from home so we're missing that connection with our colleagues and

clients

because everything is done virtual.

The new normal.

Virtual drive through graduation, the new normal,

right?

What this means in this pandemic will -- it will be unique to you, right?

Unique to you.

Many lives and circumstances have been changed.

Be willing to embrace what comes next.

G, gentle and growth.

It was hard to choose between these two so I had to throw both in there.

We need to be gentle in our growth process.

Healing is not overnight.

overnight

Coronavirus, COVID-19 seems to have popped up

and has left us grappling with a lot, but our healing journey, I want you to be gentle with your growth,

right?

What works today might not work tomorrow.

Don't be afraid to start over again.

Don't be afraid to, you know, pause, reset and get
back.

Self-compassion, absolutely.

Be willing to embrace what's next.

Self-compassion.

Yes, Carolina spoke about self-compassion last week
and

we have to show ourselves that self-compassion that we
show everyone else in our healing journey.

I think I may be running out of time.

I think I have around 10 minutes. I'll just briefly
go

through some techniques through our healing journey,
some things that have worked.

You've probably heard of mindfulness.

Right?

This is a very common, a very growing concept in the

field of psychotherapy.

please,
you
If this is something that you're familiar with,
you know, share with us, how has mindfulness helped
during your healing process, your healing process,
right?

about
The quality of being present and fully engaged in what
you're doing at the moment, it's so easy to think
what happened five minutes ago or five weeks ago.

38

It's so hard to let go of the past and it's so easy to
worry about the future.

place
of
anxiety,
So mindfulness helps us and brings us, right, to a
of calmness and peace, growing concepts in the field
psychotherapy and the treatment of depression,
substance abuse, eating disorders.

COVID-19.
All these things are a manifest as a result of

them

Help to accept the experiences rather than react to
with avoidance, right?

React to them with avoidance.

We accept the experiences of what's happening.

We're not worried.

ago,

We're not worrying about what happens several weeks
right?

We're putting ourselves in a state of calm present
mindful being.

Creative thinking, problem solving.

So I don't have much time left.

you

I think I'm running out of time but I want to leave
with a technique that I would like us to practice
together a little bit and this has helped me.

a

but

I felt drawn to this mindfulness and body technique in
trauma training, and it was so uncomfortable for me,

in

if you're like me and your stress manifests itself in
your body, right, your -- my stress manifests itself

my jaws so I find myself tensing my jaws like this
almost like I'm biting down on my teeth, this
technique
will help with bringing you back to that sense of
calmness and presence.
So if you have a comfortable space, I know you might
be
joining this webinar in many places, you could be
outdoors or wherever you are, but I invite you if you
can place your feet flat on any surface, on the
ground,
progressive muscle relaxation, right, is what this is
called.
You can also practice this on your own time.
This is a technique that helps you to control your
body
sensation by paying attention to where in your body
you
hold your stress.
Relaxing the body, relaxing the mind, right, when you
talk about getting on with our healing journey and
this
work, the resiliency, the acceptance, the love, the
hope, putting all of that into your bodies.
Focusing and seeing where you're holding that tension,
right?

Where are you holding that tension?

Trauma and stress from trauma tends to manifest it's physiologically in our bodies so we might be feeling tension in our arms, our shoulders.

That's a common area, your shoulders, right?

40

So beginning with your lower limbs if you have a comfortable space, you tense your muscles, right, then relax.

You tend to start from your toes.

Start from your toes and tense your toes.

Tighten your toes.

your The purpose of this is to pay attention to where in body you feel your stress, right?

And you tense your toes and you tense your feet, your thighs.

You tense your buttocks.

You tense your abdomen, right, all the way up.

You work your way from your toes all the way up.

You tense your shoulders and release.

Tense and release.

need

Tense and release, and you do this as often as you

to.

Tense your jaws.

said

This works well for me because this is where, as I

before, this is where I carry my stress.

to

Many times I don't realize it until it's pointed out

me and I feel that tension is there, right?

So tense and release, tense and release, right?

Practice this at any time anywhere you feel your body,
right, responding and relaxing at any place where you

41

feel like you have tension in your body.

Grounding, I won't go through this.

I think this presentation will be shared with you, the
slides but it's also something you can try on your own
time.

Effective coping techniques for anxiety.

Take a deep belly breath.

accessible

Our breath and our senses are two of the most

senses we have in our mindfulness and grounding.

Take a deep belly breath.

feel,

Name five things you can see, four things you can

and

three things you can hear, two things you can smell

one thing you can taste, right?

here

This is using your senses to bring you back to the

and now, the present moment, right?

To the present moment.

Focusing on your senses and your breathing.

Okay.

So before I leave today, I appreciate your questions.

I'll get to your questions.

I'll

I believe we have a little bit of Q and A time and

get to your questions then.

I've gone over my time I believe.

I'm so sorry, Vanessa.

But I want to leave you with this quote that resonates

with me even prior to COVID-19.

As an immigrant woman of color living in the United States and having to navigate a lot of uncertainty on my own and uncertainties along with my family, my clients, resonate right, as a professional personally this quote a lot and I hope it does for all of you too that every scar that you have is a reminder not just that you got hurt but that you survived and that's from the former first lady Michelle Obama.

It's not just that you got hurt but that you survived.

>> Thank you so much, Latoya, and I wanted to tell everybody that Latoya is going to be joining us next week.

So make sure that you're registered for next week's session.

And now we are ready for you, Vanessa.

Take it away.

>> Thank you so much, Latoya, that was wonderful.

Thank you, thank you.

I'm
hour

So I am going to go ahead and get into my part of the presentation here, and one of the things that I always share in all of my presentations -- and by the way, coming to you from Frederick, Maryland, which is an outside of D.C., and so I'm really excited to be with you all and I loved seeing that you all were from all

43

over.

50

I saw from Hawaii so Nova Scotia to all the different states.

we

So I think that's so wonderful during this time where are so separated, we have to be separated because of physical distancing and social distancing, that we can come together in this way, and I think that there's a lot of power in that, so I really want to focus my portion of this presentation on healing the

collective,

and so just simply by gathering here together, we're

able to heal the collective.

And so this is -- everything that I'm doing today is with this sentiment, so I do a lot of child-based work and so I love Dr. Seuss for this reason.

And I always share this in every single presentation that I lead.

whole So Dr. Seuss said unless someone like you cares a

awful lot, nothing is going to get better, it's not.

I love this.

in It is one of my guiding values in that whatever I do

my profession and my job as a mother, as a friend, it will be done so with a lot of care.

So I come with you today with knowing that I've put a lot of care into today and in connecting with you all.

The other quote that I always share in all my

44

presentations is this quote by Judith Herman who is a wonderful artist -- I mean a writer on trauma and so this book that I'm quoting underneath here, trauma and

recovery is something that is recommended reading for any advocate out there.

But she says atrocities refuse to be buried.

Remembering and telling the truth about terrible events

are prerequisites both for restoration of the social order and for the healing of individual victims.

And so Latoya was saying when she was talking and defining what trauma and vicarious trauma and compassion

fatigue are, that this is really heavy.

Defining these things and making sense out of these things are heavy things.

And likewise, you know, as we talk about this pandemic and what it's doing to our functioning, that is also heavy, and the reality of knowing that some of our loved

ones may be getting very sick or we ourselves may be getting very sick from this is also a harsh reality.

And so I want to honor how hard that is and also know that we can't get to the other side without going through what I call an in and through process.

So we're going in and through in order to get to the other side that honors healing.

So for today we are going -- I'm going to make sure that

45

approach

we learn about this from the lens of a holistic that will honor our culture wherever we're from, and bringing that sense of meaning and spirituality to ourselves.

Latoya

So I want to further define collective trauma. So collective trauma is -- you know, we all heard

give the definition for trauma.

Collective trauma is now speaking to what we are all experiencing at the same time, and this is what is extremely unique about what's happening right now is that every single person, every single country in the world is being touched by COVID-19.

of

Our lives are being uprooted in very big ways because

and

COVID-19, and whenever there is something that is shocking like that that disrupts our sense of safety

experience

it happens in large groups of people, then we

what I call collective trauma, and I'd like to define

is

that term because if there is collective trauma that happening, we can also access collective healing and resilience.

So I want to make sure that we leave today with very substantial, easy practices that are going to continue to support collective resilience.

people

So if you could please write in the chat, I'm really curious to hear in your own communities, we have

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from all over, and so I would really love to hear what are the collective sentiments that you're hearing from your circles.

This is in your professional circles, with your family or your friends.

sentiments

What are some of the these collective trauma that you're hearing?

Fear.

Uncertainty.

Yeah, Melissa said fear of returning to work.

Anxiety, hopelessness.

Bills not being paid, despair, isolation.

This is wonderful.

So some people are saying racism, losing everything.

Inability to help.

Masks have begun to become an issue, either for or against.

Loss of trust.

Missing loved ones, confusion, unpredictable.

Helpless against an enemy with no face.

Yeah.

Everything that everybody is writing is the pure definition of what trauma does to us and what those feelings -- what those underlying feelings are, and,

you

know, I really can resonate somebody wrote on there

anxiety about returning to work.

My husband is a scientist, and last week he returned

to

in-person work, and with of course a lot of safeguard measures, and that night I had a nightmare, and my nightmare was all about protocols and safety.

example

And so, you know, that's one very easy concrete

of

of what some of these collective sentiments that I obviously was carrying that I really wasn't conscious

to manifest into our spirits and to our bodies and to our psyches.

parents

Oh, and then karma writes not being able to see

in a nursing home, not being able to hug them.

homes

Yeah, for those of us who have parents in nursing

or even if we have family members in other countries, you know, that feeling of I can't even go and help and visit.

because

So this is really -- this is really tough stuff, and I wanted you all to write, to put this stuff down

your

I wanted to make sure that I am addressing your collective sentiments, and you guys are hearing in

communities so when you leave here today you know what to do with some of these collective sentiments.

Okay.

to

So there's a couple of things that I want to utilize
frame our discussion, and with regard to all of this

48

healing work that you all as advocates and humans need
to really have a solid understanding of.

So I'm a big fan of research and what the science says
on all of this on risk and resilience.

And Bruce Perry is someone who is a child psychiatrist
and brain researcher, and these graphics are from his
work, and so what I want to echo in this chart right
here that you see displayed is that in order to
understand resilience, we need to understand risk
factors, and what this is saying is that these
vulnerabilities that we are listing as adverse its,

the

more adverse its you have in your personal life or

that

you see that the clients that you serve have the less
likelihood there is for resilience.

identified

Some of the listed here that the research has

are poverty, homelessness, unemployment, racism, which is something that's getting a -- you know, a lot of conversation right now, which is really great.

Cultural marginalization, community fragmentation, community violence, domestic violence, and children whether having your own children in foster care or the state care or children being in care.

So these are all adverse events that have been documented in research to lead to lower resilience.

Okay.

49

in
much

So with that comes a specific type of coping, and what the research has identified is that when your vulnerability is high, you are more likely to engage in minimal daily structure, comforting, consuming too much media whether that be TV or social media, feeling emotionally isolated, self-focused so struggling with being able to -- well, this self-focus is referring to

only

the ability to be self-absorbed, you know, this is about you, your experiences, it's all about how you're feeling.

thought

Sleep disruptions and negative ruminative thought. So ruminating over your thoughts and feeling generally stuck because if you're going through a negative

stuck

cycle or you're revisiting past things that have happened, past trauma that has happened, you stay in a loop.

your

So the more adverse event you have, the likely that coping will be in this form.

And I want to acknowledge that this is not about bad versus good.

This is the reality for a lot of people.

know,

People are doing the best they can with what they

lives

so we're -- so you all as advocates and professionals, it's important to digest this information because then you can now see how you can intervene in your own

as being models in your community but also with the people that you serve.

And so I love this graphic.

So this is where we get into shifting, right?

So if we know there's high adversity and that there is this type of coping, then we know we need to move the curve over on this side, okay?

We need to move our resilience over.

We need to have a shift in our pattern.

a
We do this by doing all of these practices which have
regulating effect on the brain and nervous system.

what
And this looks like having eye daily structure, and
that means is having a specific flow to your day that
feels predictable.

That's one of the things in this pandemic has gone out the window.

all
Think about the children that were in school having a specific routine and then all of a sudden they're home and if you don't have care for them, you're caring for them, so your routine has been also, you know, gone over the place, your sleep may also not be consistent.

Your diet might be different.

daily

So what this is saying is that you need a specific structure and flow to your day.

The children also need this.

51

Family meals together.

this

Limiting your exposure to TV and social media, and is something that I like to describe on a continuum. Start to notice the pattern of when I watch X amount

of

TV, this is how I feel.

this

Or when I expose myself to this much social media,

is how I feel.

There's a threshold.

parents

One of the things that I am telling a lot of the

kids

that I work with who feel really guilty that their are spending so much time in the iPad is to practice a sense of are they doing something that's somewhat

productive on the iPad.

Are they able to entertain themselves in a way so that you also get a little bit of a break.

So not all iPad time or phone use is bad.

It's on a continuum, and right now we have to get what we can get because these devices are replacing our ability to connect with other people because we can't.

So if we can use these devices to actually further our connection, then that's a good thing.

So I just want to make that really clear.

Exercising.

As Latoya was saying, stress and trauma gets trapped physiologically into our bodies, and so exercise is a

52

way to expel that outside of our bodies.

And that can look something like walking.

It doesn't have to be -- it doesn't have to be this

big

exercise regimen.

It can be walking, doing planks.

are

Sometimes if I'm feeling really lazy, it's just easier to do a plank and you're using your strength, which is priming your brain and your nervous system that you in control.

Reaching out to others, having good sleep hygiene and staying positive and future focused.

You know, I kind of am allergic to the word "positive" because I feel like sometimes this word positive takes us away from reality, and so I want to maybe rephrase that positive to staying hopeful and focused that whatever is happening right now is not permanent and that there are other things that are going to be happening that you can look forward to.

Okay.

that

So all of these things that I just spoke to in this graph has to do with interpersonal neurobiology and that's a really big scientific word but really what

hearing

means is that healing is a relational act, that we can encounter just by being with another person and them out.

you
to

So any of those things that you all can do when you're reaching out to a friend, your friend can also hold you accountable, your coworkers can hold you accountable to do some of the things that are on here.

Okay.

Now we're going to get to some nice experiential practices and one of those things that we're going to practice right now is coping with COVID grief and stress.

So when I was hearing the sentiments that people were typing in the chat box, I saw a lot of what could be termed as grief, grief over old way of life and what used to be your normal.

we're

So I want you all to be able to feel what this -- the difference that this can make for you and so what we're going to do, this is a technique called the emotional freedom technique.

EFT is what we call it for short.

And this has been documented by researchers to be very effective in shifting.

increased

So Jaqueline Miller asked a question earlier.

She asked, what can be done when anxiety or an

heart rate starts when hearing messages of liberation

and self-care such as this?

So Jaqueline is on to something.

54

As helping professionals, we are really good at trying to help other people, and sometimes it is hardest to help ourselves.

That's just a theme that I see across the board in all of my work, and when we feel that anxiety over self-care, it really is an indication of compassion fatigue or vicarious trauma, that that is literally in our bones, and our body is trying to send us into

fight,

flight or freeze mode.

So our bodies are kind of wanting us to not engage in those practices because it feels unfamiliar to us.

And so one of the things that is really important, and this is what Latoya was saying also earlier, is that

we

can't avoid our negative feelings.

This is why I'm a little bit allergic to the word "positive."

We can't -- sometimes people say you have to remain positive and sometimes that takes you away from the reality of we'll get to it right now, I don't feel positive and I'm not positive and I'm not hopeful.

that

And so part of healing that sentiment is being with sentiment.

is

And so what I would say to your question, Jaqueline,

that your body is sending you signals that it doesn't want to do something, but cognitively as we listen to

55

understanding

these presentations in this series, we're

that self-care is that we're all worthy of it.

of

So the underlying feeling underneath that is a sense

fear, a fear of self-care, and so you can use -- we

can

EFT

use that same -- that same fear, and we can do some
to do some talking with it.

I

So what I see here, what I can turn this into, I'm
thinking through this right now, so what we will be
repeating to ourselves is right now I feel blank, and
fully and completely accept myself.

Okay.

is

So if we play off what Jaqueline was saying, and this
just an example -- Jaqueline, sorry, to call you

Jackie.

Jaqueline.

to

I'm going to give this as an example but I may choose
do another one collectively in case this is not what
everyone is resonating with.

now

So this is specifically for you, Jaqueline, is right

feel

I feel scared to take care of myself or right now I
anxious to take care of myself and I fully and
completely accept myself.

That would be your statement in this exercise.

So you honor the feeling.

You honor that your heart rate is going up and you're
getting a little bit of anxiety about this self-care

talk and then we'll talk about how we address this physiologically in the body.

Jaqueline, I hope that that's helpful to you, and I know

that the chat box has been going and I've been really excited about talking about this, so I'm looking through

it right now.

And see if that resonates with you, Jaqueline.

Okay.

All right.

Great.

So what we're going to do now is I want you to put in the chat box, think about this pandemic and the overarching feeling, and go ahead and put that in there.

I'm going to see the theme in that and then we'll go ahead and develop our own collective statement.

Hmm, yeah.

I'm seeing Dawn saying if someone feels stuck how

should

you address that?

So stuck is a feeling.

and

So right now you would say I feel stuck and I fully

completely accept myself.

Stressed and sadness, frustration, unable to care for those close to me.

Overwhelmed, lonely.

Helpful.

57

Okay.

these

So let's go with I'm seeing all of your responses,

are so good.

I love to see the differences because we're all so different and we definitely cope and feel different things.

out

Oh my gosh, gentleman net says scared that my being

of work might jeopardize my 80-year-old mom who lives

with me.

Okay.

So I'm trying to -- what we will do is the collective statement that we will try to do is right now I feel overwhelmed and scared.

And let's change scared to fearful.

Right now I feel overwhelmed and fearful, and I fully and completely accept myself.

Okay.

That's great, Jan.

Jan says I'm loving this.

I feel like we have a new support group.

Yes, that's what this webinar is about.

So that's going to be our collective statement that we're going to do.

I'm going to take you through what that looks like.

You don't need to do it.

I just want you to watch me.

And then I'm going to lead everybody in this exercise,

okay?

So you see in the slide the Karate chop.

I

This is where it begins so we're going to do this and

hope that the screen keeps up with me.

Okay.

That's what the karate chop looks like.

I'm going to repeat the statement.

Right now I feel overwhelmed and fearful, and I fully and completely accept myself.

After I do this enough times, I'm going to take it to the top of my head, and I'm going to -- I'm shifting from left, right, left, right, left, right.

Okay?

left

There's something special that happens to our body and our brain and our nervous system when you practice

and right brain movement but with our hands.

right

So that's -- we're practicing bilateral stimulation right now which stimulates the left brain and the brain.

unconscious.

The right brain stores our emotion and our

Our left brain stores our to do or rational.

So we do our head.

Then we're going to move to like the graphic shows our

forehead.

Then we're going to move right here under eyes.

This is my favorite spot.

stay

This is where I holds my stress so sometimes I just
here the whole time.

Then we're going to do right here our sides, the sides
of our eyes.

Then we're going to go right here, upper lip.

Then we're going to do our chin area.

Think about how much pressure we hold in our mouth, on
you jaw.

Then we're going to do our collarbone.

be

And then I like to go Chris cross and we're going to
getting our last.

That's what's referred to as underarms, okay?

So I just showed everyone the process that we're going
to do, okay?

time

Now -- and please, if you've been scrolling and doing other stuff while watching this webinar, now is the please engage in this.

I promise that it will be worth it.

So I want you to gauge from a 0 to 10 before we begin the feeling that you have with regard to the -- right now I feel overwhelmed and fearful and I fully and completely accept myself.

60

So from a 0 to 10 how overwhelmed and fearful do you feel?

A ten I'm at my worst right now with my fear and overwhelmness, and a 0 meaning it's non-existent.

Yay!

I'm seeing high number.

This is good.

Let's celebrate these bad feelings, thee feelings that make it hard to function.

Okay.

So that's where our number is.

Let me give you guys a little fact about how we -- how our rational brains work.

When we are above a 5, we can no longer take in information in a rational way and process coping in a rational way.

So when we gauge a feeling and it is above a 5, our ability to be productive goes down the drain.

Our thinking brain is not working.

freeze Instead our nervous system is in fight, flight or mode.

So everybody here, I'm seeing only numbers above a 5 which is excellent, okay?

we'll We're going to do this exercise together, and then see -- we'll re-gauge where we are.

61

take So if everybody can stop whatever they're doing and advantage of this group therapy practice, please do so.

So plant your feet on the ground.

If that means -- I'm little, so I have to get on the edge of my chair to do that.

So make sure even if it means getting on the edge of your chair, we're going to take two centering breaths.

So breathe in and out.

And again.

And out.

And we're going to do one more from our bellies.

In.

And out.

All right.

Now we're going to begin with our karate chop.

to You can repeat off me out loud or you can just listen my voice.

But do what I do.

Right now I feel overwhelmed and fearful, and I fully and completely accept myself.

Close your eyes, go inward.

Still doing the karate chop.

Right now I feel overwhelmed and fearful, and I fully and completely accept myself.

heads. Now we're going to switch over to the top of our

Don't forget to breathe.

When I do this, I automatically start rocking back and forth.

This is even better for your nervous system.

Right now I feel overwhelmed and fearful, and I fully and completely accept myself.

Relax your shoulders as you tap on the top of your head.

Now we can move to the top of brow, forehead area.

Keep breathing.

Right now I feel overwhelmed and fearful, and I fully and completely accept myself.

Now on the forehead.

Right now I feel overwhelmed and fearful, and I fully and completely accept myself.

Now we're going to go to under eye.

Right now I feel fearful and overwhelmed, and I fully and completely accept myself.

Keep breathing.

Now we're going to go to the corners of our eye.

The outer part.

Right now I feel fearful and overwhelmed, and I fully and completely accept myself.

Upper lip.

Right now I feel overwhelmed and fearful, and I fully and completely accept myself.

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Now our chin area.

See if you can have a nice loving gaze as you tap on your chin.

Right now I feel overwhelmed and fearful, and I fully and completely accept myself.

Keep breathing.

Now we're going to go to our collarbone.

Right now I feel fearful and overwhelmed, and I fully and completely accept myself.

Keep breathing.

Now we're going to go crisscross to our under arm area last.

Keep your gaze in a loving way towards yourself.
Right now I feel overwhelmed and fearful, and I fully
and completely accept myself.

Keep breathing.

I was feeling overwhelmed and fearful, and that was
okay.

I am okay.

I fully and completely accept myself.

All right.

Now we are done, but I want you to take your gaze
somewhere in your room.

Don't look at the screen.

Take your gaze somewhere in your room that feels

neutral

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or positive and just stare at that spot for a moment
without looking away.

I'm looking past the window that has these beautiful
ferns that I'm going to tell you in a little bit

about.

All right.

Through a couple breaths staring at this spot.

And slowly come back to the screen.

Oh, I love that somebody was looking at owls.

All right.

So I'm seeing some responses.

And now I want you to check in with yourself.

I feel I'm on a high right now.

My body feels light.

It doesn't feel overwhelmed and heavy.

So if you can go ahead and from a 0 to 10 put in your response of how you feel with the feeling fearful and overwhelmed now that you've done this exercise.

Nice.

Yes, okay.

So 0 means yes, I'm not feeling that feeling so much.

Good.

Okay.

So I'm seeing a lot of decrease, which is the goal in that exercise.

If you're doing it and you're not noticing a decrease,

it means you need to keep doing it for longer.

You can do this for 30 minutes.

You can do this for a long time.

We just did that practice, I think it was no more than like 5 or 6 minutes.

So it goes to show you how powerful that was.

Yes, okay.

Good.

people,

I'm seeing that this has gone down for a lot of

I

and for those of you who are still a little bit high,

hope that it went down from your original.

end

And again, the way that I know when I need to stop is like I -- it was so easy for me to smile towards the

I

as I was saying using the word "fear" and overwhelmed,

system

couldn't help but smile so I knew that my nervous

was making a positive shift.

I intuitively did not but it's good to sometimes -- if you're having a really hard time, you know, I prompted everybody go to a soft gaze.

Smile as you say this.

That was me alls prompting you guys to move along and

you guys can also do that with yourself.

also

I also improvised a little bit towards the end with accepting there was a shift when I had I was feeling this way and that was okay.

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really

So this practice that we just did right now, it's

about radical acceptance.

This practice is about owning where we are and being okay with where we are.

It is not about going to the next thing.

It is about being fully present with our feelings.

Radical acceptance, yep.

All right.

So to finish up, okay.

Sorry.

We've gone a little over.

I want to just highlight a couple of things.

And you will get these slides.

But the recipe for resilience as I was trained in it
over ten years ago is this.

ancestors'
We follow what our ancestors did, so from our
blood and their DNA and their spirits live inside each
and
of us, maybe we've tapped into that kind of feeling
a
maybe we haven't and if we haven't, maybe this plants
new seed for you, and the way that our ancestors
were
survived and thrived in times that were not modern
through movement and play, art, music and nature.
It's that simple.
anybody
Forget all of the complicated coping skills that
else can teach you.

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that
Your recipe in resilience is getting in tune with how
did my ancestors survive and however they survived,
was their gift to me.
So if you're having a tough day, ask yourself, what am

I

going to pick?

Movement?

Am I going to go doodle, color, do some art?

Am I going to listen to some music or go dance?

Am I going to go take care of my plants?

It is that simple.

So please, if there's any slide that -- there are two slides that are really important here, this one and

the

one before it the EFT one, that's your recipe for

coping

through this pandemic and you do that every single day and then you will begin to thrive.

This was my last closing visual that I'll take just a minute to talk about because this is what a body meant to resilience looks like, okay?

So on the left we see somebody of maybe Caribbean or African heritage and she's dancing.

I want you to really look at her face.

There's joy in her face.

There's strength in her legs as she dances.

She is feeling empowered and hopeful.

She is center of stage.

therapy

There's people behind her that are playing music and she's dancing to the rhythm of the music.

That's what music and dance therapy and movement looks like.

And so as I look at her because of the interpersonal neurobiology that we all share, I am now blessed with what she's giving us, and I'm not even dancing right now.

If we go down to the corner, we see a child that's walking in nature.

He's trying to balance.

He's using his legs and he's being focused.

He's feeling strong.

In that moment as he literally is walking on that log, there is nothing else that's happening in his brain other than I have to balance.

As I say this right now my legs are feeling activated. I am feeling his groundedness.

child,

Now you come and you look at the sky next to that

and this is my favorite thing to do is just look up at

the sky.

This takes one second of grounding.

You look up at the sky and what's in the clouds?

What do those clouds look like?

What does it remind me of?

69

other

Every time I look at the sky I remember that I am so small and somewhere out there in the world there's

people looking at the sky too.

So it always reminds me of interconnectedness.

It also helps regulate my breathing.

As I watch the cloud float I breathe with them and it helps me to regulate my breathing.

And then at the right-hand side at the bottom you see indigenous children from a tribe in New Guinea.

And you see the smiles on their faces.

They are one with nature.

They are proud of their heritage.

They're happy.

They're connected.

They're honoring who they are.

I smile so big when I see these kids.

Their happiness is contagious to me.

Them owning who they are is contagious to me.

And this is how we practice being connected to one another and allowing the healing of the collective.

Now, those other two images are two paintings that I did

and I'm sharing these because it's easier to share my own work than somebody else but also because Arlene

when

she reached out to me to do this presentation, she

said,

I hope that you share some of your art so I'm doing

this

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to honor Arlene and how kind that was that she wanted

me

to share some of my art.

These are two different large paintings that I did,

and

the one on the left is called Mother and Child, and these were inspired from the ferns in my yard, and I started to do a study on ferns in March.

I started in the beginning of this pandemic and they started to poke through the ground.

And I was so much in awe and I got to witness their growing and unfurling every single day and as I did

this

I felt so inspired and I realized that ferns are such social creatures.

They love to go together, they love to grow together.

And so I named the one on the left Mother and Child to honor the beautiful relationship in mothering.

And the one on the right is called partners because

the

other funny thing that I notice about ferns is when

they

begin to unfurl is they don't face each other.

They start to grow in opposite directions.

And when they were in that stage they looked a little bit like they were mad at each other.

And I got a kick out of this because as I was watching this in nature I was also mad at my husband.

We're spending so much time with our loved ones and

it's

so easy to get mad at them right now.

So I started to think about how romantic relationships are and how, you know, you can be mad and that's okay and still grow.

These ferns still grew.

They still unfurled.

What was destined to them was getting a little bit of sunshine, get a little bit of rain, be planted on the ground, we're here together, we're going to grow.

pieces,

and this is what it looks like to cope, and I'm not sharing this because, oh my gosh, this is so amazing.

can

I'm sharing this because this is one example that we

when

all -- any of us -- my youngest daughter right now

I painted these -- she painted some too and she video recorded herself and teaching another class to other people and she's only five years old and in her video she said if you want to be an artist just be one.

And she giggled.

and

And that was all the medicine that I needed to hear
I loved it because at 5 years old she understood that
making art and doing art isn't about skill.
It's about doing it and embodying it.
So I want to close by doing a little bit of Q and A.
If you want to get ahold of me.
That's my information listed up there but thank you so

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have

much.
I have loved being with you all today.
>> Thank you, Vanessa.
This was amazing and Latoya, if you can join us, we
a couple of questions.
You guys, oh my gosh, I'm so light, let me tell you.
That's how I truly feel.
So Vanessa, Gabrielle was asking, Vanessa, do you have
any advice for clients who have a hard time holding
their arms up or reaching on their arms?
That was one of the sections.

And somebody else also, let me see -- go ahead, answer that one.

that

>> Yeah, so Gabrielle, thank you so much for asking question.

I

The most important thing when you do EFT is the bilateral stimulation, and so for me sometimes because

that's

know that I hold my stress in my eyes, I just go straight to my eyes and I only do it there, so the reason that we did all the spots is because we have energy Meridians connected to specific organs and

where we hold some of these motions, so theories a reason we hit all those energy centers that's a very scientific reason.

All the different vessels and energy centers that are

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located there.

But if this is too hard, then that's okay.

Do it for a little bit, find another spot that feels

good out of those Meridians.

I really want to emphasize that this is not a dogmatic we have to do it a specific way practice.

This is an intuitive thing.

Do it the way that is taught and then make it your own and make it intuitive.

Don't discount what your body is telling you if your body can't do this or can't do this.

>> Great.

Is there a specific amount of time that you need to spend on this exercise?

>> So the best gauge for how long you want to spend on this exercise is when you see a decrease in emotions below a 5.

a So if you started above a 5, making sure it goes under

5 because that's when you're actually going to be able to be rational and taking in information.

start And again, you can do this before bed, before you work, before you see your kids, at any time in the day.

a I do this so much that literally if I do this just for second, I'm back to center.

So it's a muscle and we can strengthen it by doing it

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you

it's

more consistently because right now this is new for all, this is a weak muscle so what's more important that you do it whenever you feel called to do it to strengthen it.

>> Okay.

Thank you so much.

for

Latoya, this question is really for you, maybe it's both.

name,

And it's hopefully this is how you pronounce your Jaffie.

How do we cope with people who are experiencing trauma when they're out walking specifically related to mask wearing practices and danger in public places?

>> Okay.

Vanessa, do you want to take that one?

I think that was related to your presentation when you gave that example around walking, taking walks.

specifically >> Okay, yeah, so how do we attend to folks who experience trauma when they are out walking related to mask wearing practices and danger in public places.

walk This is really tough.
guidance If somebody is having -- my honest advice if this is becoming something that's impeding their ability to it might be better that they actually have the

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before of a therapist that helps them through, but again the walk if this unrealistic anxiety that's overtaking them, then you can do this exercise, but you will be replacing the blank with is I feel anxiety over going on a walk.

fully That's what you would be saying to yourself and I and completely accept myself.
And, you know, doing it for as long as you can until

you're able to self-regulate.
So you're regulating the anxiety in your nervous
system
in that.
So that's one way you can give them a specific tool.
And I hope that's addressing the question but if this
is
a chronic thing then I think it's important to connect
them with somebody who can help them with this anxiety
about wearing a mask and the danger that does exist in
the public.
>> Thank you.
I want to remind everybody that next week we'll have
our
third session part III of our series.
If you have any questions for Latoya she is going to
be
joining us.
If you have any questions for Vanessa, we have her
contact information.
You with follow her Facebook and Instagram.

So this has been an amazing, amazing presentation,
ladies.

have

We are so, so proud of you and I'm sure our friends
enjoyed the presentation too.

I want to remind everybody that after this webinar
you'll be receiving, you know, invitations to fill out
our survey.

Please do so.

topic

Let us know, you know, how you felt, if this was a
that touched you and how we are impacting your work.
So please take a few minutes to fill it out.

And also follow us on social media.

you

If you want to learn about, you know, or get up on the
information on NRC DV and the work that we do, there
go.

You can see our hashtag and our handle.

Please please register.

If you have not registered there's still space.

Go ahead and register.

It's the third part of our session.

And I want to give a shoutout.

vice

Vanessa was talking about Arlene and Arlene is our

and

president of programs, prevention and social change

she was the one that came up with this idea about this series, so hey, Arlene, thank you so much.

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This has been amazing.

So thank you, friends, for joining us.

I know this has been a little bit of extended webinar, but it's amazing.

Remember you are going to be receiving an e-mail probably next week with a link to the recording and

you

can check out our online library and you can access

all

the materials there.

And just thank you.

Thank you everyone.

Thank you Vanessa and Latoya.

I said it again.

I feel lighter.

for

Thank you for, you know, joining us saying yes, and

giving us this gift.

>> Thank you.

>> Thank you.

It was my pleasure to be here.

>> Take care, everybody, and we'll see you next week.

>> Okay.

Be safe.

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