

Resilience, Trauma, & Hope: A Healing Response: Webinar II of the Self-Care & Healing During COVID-19 Webinar Series



NRCDV Admin 2: Hello everyone, welcome to today's webinar! We will begin in 30 minutes.

NRCDV Admin 2: This is Ivonne your moderator. I'm joining from Saint Augustine, FL

Concepcion Topete: thank you testing it making it sure my system works thank you

NRCDV Admin: Hello everyone, we are so excited to get started today! This is Justine Robillard, your tech support. Joining from Harrisburg, PA

Concepcion Topete: Hi Program Supervisor from Highland Hospital SARRT in Oakland, CA

Jacqueline Miller: Hiiiiii Ivonne!!!!

NRCDV Admin: Thank you for joining early Concepcion :)

NRCDV Admin 2: Hi Concepcion & Jacqueline!

Jacqueline Miller: I need to make sure my system is efficiently running - had to get in early!

NRCDV Admin 2: We are happy that you are joining our webinar.

Casey Keene: Hey Jacqueline!

Jacqueline Miller: Heeeeeeeey Casey!!!!

Patty: Thanks so much for joining our webinar this afternoon! We will get started in about 12 minutes. In the meantime, please feel free to introduce yourself in the public chat!

Patty: I'm Patty Branco from NRCDV, and I will be moderating the chat box today.

Vanessa Benavides: hello from Texas

Charlene Boice: Hi from Another Way, Inc. Lake City, FL

Casey Keene: Hi all! I'm joining from NRCDV in Harrisburg, PA. So happy to be here with all of you ❤️

Patty: Hello, everyone! We're so glad to be able to spend this afternoon with you!

Jan Anderson 2: Hello from East Texas Crisis Center in Tyler Texas.

Shannon Harden: Hello from Sicily

Lauren Benjamin: Hello from Baltimore Maryland

Kimberlee Pederson: Hello from Union City Pennsylvania

Mary Ann OConnor: Hi, Mary Ann from Phoenix

Brenda Wood: Hello from Nova Scotia. So glad I could make it this afternoon.

Alicia Rose: Hello from Union City Pennsylvania

Bonnie Neideffer: Hello from Indiana

Vinnie Shank: Vinnie Shank--Hello from LaGrange, Ga.

Doris Wright: Hello from Youngstown, Ohio

Jen Zamarron: Hello from Michigan

Katrenia Meeks: Hello from Oxford, MS.

Julie Reinhart: Hi, Sexual Assault Survivor Advocate from SARP in Rock County, WI. :)

Chris Zwicky: Aloha from PACT in Hawaii. Working with child victims of domestic violence and abuse.

Eunwoo Lee: Hello from Albany, NY.

Sharon King: Hello, Sharon from RI

Erin Silvia: Hello from Union City, PA

Patty: Thanks so much for joining our webinar this afternoon! We will get started in about 5 minutes. In the meantime, please feel free to introduce yourself in the public chat! I'm Patty from NRCDV, and I will be moderating the chat box today.

Beatriz Patino-Sherard: Hello! I

Keyla Stephens: Hello from Lakemont, GA

Beatriz Patino-Sherard: I'm Beatriz Patino-Sherard. From Jackson, NJ

Beatriz Patino-Sherard: and I work for 180 Turning Lives Around! :)

Kadizha Hankins: Hello, Marlene Bright NCWA VSC ~Norfolk, VA

Casey Keene: We'll be connecting the audio soon!

Patty: We haven't started yet. In the meantime, please feel free to introduce yourself in the public chat! :)

Veronica Jones-Welch 2: Greetings from Valley Crisis Center, Merced CA

Crystal B: Hi! Crystal from the Wisconsin Rapids Family Center

Alecia Hardiman: Hi everyone! My name is Alecia Hardiman from Reno, NV. :)

Lynette Killsback: Hello from Porcupine, SD

Patty: If you have not already done so, please dial 1-877-594-8353, pass code: 527-89-148# for audio. You may also listen through your computer.

Patty: Although you can listen via your computer, we do recommend dialing in on your telephone for the best sound quality. If you experience any trouble with sound, please be sure to dial 1-877-594-8353, passcode: 527-89-148#.

Julie Donaldson: Martin, Tn

Anni Lampert: Hello from Sturgeon Bay, Wisconsin

Mishelle Lynch: Columbus, OH

Ellen Macneil: Hello from NH

Patty: Welcome, everyone! This is Patty with the National Resource Center on Domestic Violence. Thank you for joining us this afternoon.

Stella Veraflor-Rundell: Hello everyone! My name is Stella from Sacramento, Ca.

Jacqueline Miller: Hello Everyone, I am the founder of Healthy Actions Intervening Responsibly (H.A.I.R.)

Casey Keene: For the best sound quality, please dial 1-877-594-8353, pass code: 527-89-148#

Morgan Dewey: Morgan here from NRCDV! We'll be sharing highlights on Twitter using #NRCDVlive. Tag us or use #NRCDVlive and we'll retweet you! Looking forward to learning from Latoya and Vanessa!

Roberta Thomas: Hi all Roberta Thomas from Staten Island

Carla Sharp: Carla Sharp/Options Colby, Ks

Patty: Great! Thanks everyone. We're so excited to hear from Vanessa Durrant & Latoya Mcleod this afternoon. So glad you joined us!

Angela Gaede: Angie/Options in Colby, KS

Arlene Vassell: Hello everyone! Arlene Vassell from NRCDV! Joining from Silver Spring, MD.

NRCDV Admin: Part 1 of this series can be found here: <https://vawnet.org/material/webinar-dealing-loss-and-uncertainty-self-compassion-resilience-and-narrative-webinar-i>

Amy Jenkins: Good evening from Sigonella!

Ghia Kelly: Hello all!

Colleen Phelan: hello from Tucson, Arizona!

Patty: Hello everyone! So glad you could join us!

Angela Ibarra: Hi everyone!!! Angela Ibarra-Victims Advocate/Data Entry with Southwest Family Life Centers, Inc-Hondo, TX

Patty: The recording and related materials from today's webinar will be posted on VAWnet at <https://vawnet.org/material/webinar-resilience-trauma-hope-healing-response-webinar-ii-self-care-healing-during-covid>

Jacqueline Hughley: hi everyone

Karen Abrams: Karen Abrams, with Survivors Rising, Omaha, NE

Melody Bassett: Hello from Tyler, Texas Lone Star Legal Aid


Yvonne Platts: Hello to my favorite Ladies, from Yvonne Platts

Linda Locke: Hello from Hackensack, NJ - NJ Health Cares About Domestic and Sexual Violence Collaborative

Wanda Friday: Hello from Kake, Alaska

Patty: If you missed Part I of this series, you can find the recording and related materials here: <https://vawnet.org/material/webinar-dealing-loss-and-uncertainty-self-compassion-resilience-and-narrative-webinar-i>

Andrea Antonio: I need a certificate of attendance

Casey Keene: Hey Yvonne! 

Asia D. Smith: Good Afternoon Everyone! Asia D. Smith, Board Chair, NJ Domestic Violence Fatality & Near Fatality Review Board

Enola Dick: Hello everyone, from Pendleton Oregon, Confederated Tribes of Umatilla Indian Reservation

Eva Palma: Hello from Lansing, Michigan

Patty: For the certificate of attendance, please email Ivonne Ortiz at iortiz@nrcdv.org

Rebecca Cline: Rebecca joining from NE Ohio

Vanessa: Thank you for your warm welcome everyone! I'm excited to be with you all! Love seeing where you are from!

Malini Peck: ciao from Naples!

Patty: So excited to hear from Vanessa Durrant & Latoya Mcleod! <3

Andrea Antonio: Hello from San Jose, California

Patty: Hello! Glad you could join us. :)

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Patty: Throughout the webinar, be sure to submit your questions for the presenters here in the public chat – we will do our best to pose them during our time together.

Jan Anderson 2: Thank you all for being here :)

Paula Callen: Hello from Detroit

Patty: Yay to wellness check-in! <3

Jacqueline Miller: I am doing great and energized!

Mary Gillette: exhausted

Eunwoo Lee: Tired.

Kirsten Bledsoe: Overwhelmed

Audrey Bergin: meh

Gabrielle Green: Tired

Jeanette John-Baptiste: sleepy

Jen Zamarron: tired

Amanda Martinez: tired

Katherine Oleksiak: Tired

Allison Barton: tired

Cindi Westendorf: weary

Arlene Vassell: Exhausted!!!

Paula Schnoblen: In this moment, I am doing well.

Mishelle Lynch: Overwhelmed and ready for a nap

Jannet Campos: Stressed

Linda Turnage 2: overwhelmed

Lina Duiker: exhausted

[NRCDV Admin 2](#): This is Ivonne, I'm feeling a bit tired.

Julie Reinhart: Right now I am doing well. I am relaxed in this moment.

Paula Callen: Exhausted, frustrated

Veronica Jones-Welch 2: mentally drained at the moment

[Patty](#): Definitely, tired.

Sharon King: unfocused

Colleen Phelan: I feel a little guilty because I'm doing so well right now.

Enola Dick: kind of tired

Erica Peres-Hernandez: tired but light, if that makes sense

Vanessa Benavides: Amazing

Brenda Wood: I feel exhausted, all the time. and overwhelmed

Donna Bucaro: exhausted

Nick Ross: frustrated

Charlene Boice: Tired, Frustrated anxious

Taylor Jacklin: burned out

Mary Gillette: drained

Erica Villa: overloaded

Kaitlyn Nichols: so tired and anxious

Paula Callen: impatient

Janet Lee 2: ongoing layer of anxiety

[Casey Keene](#): achy

Wanda Friday: Stressed

Gabrielle Green: Paula and Colleen, teach us your secrets, haha

Jan Anderson 2: doing well but there are still some days of the unknown that is hard especially to help clients feel ok.

Sharon King: sad

Carla Sharp: I am excited to listen to you and Vanessa. Tired of the isolation and wearing masks.

Claudia Miranda-Julian: heartbroken

Alecia Hardiman: Feeling hopeful

Bonnie Neideffer: I am still having problems hearing

Belem Jimenez: Exhausted

Caleb Turmel: I'm feeling anxious and tired

Roberta Thomas: not sleeping well

NRCDV Admin 2: Yes Claudia!

Jill Alane Moore 2: I feel great! I use self-care often.

Roberta Wyatt: I feel stuck...kind of immobilized

Patty: "You're not alone in what you're feeling." So true! Thank you so much for sharing, everyone.

Gabrielle Green: Roberta, yes. I feel that too, didn't have words for it

Lynette Killsback: I feel an impending doom, and am scared for my folks

Paula Callen: Lynette I can relate to you

Arlene Vassell: Yes!!! Find purpose in this process...

Lynette Killsback: Thanks Paula

Patty: "These are real emotions, and we're going through this together, individually and collectively." Thank you for this reminder, Latoya.

Jill Alane Moore 2: It has to be terribly difficult for those who do not handle change well.

Patty: You're so right, Jill.

Lynette Killsback: As a combat veteran, I almost feel as if I am getting my "paybacks" from Iraq

Arlene Vassell: So true, Jill!

Patty: Please submit your questions for the presenters here in the public chat! We will do our best to pose them during our time together.

Roberta Wyatt: Erica Peres-Hernandez...Tired but light is a great descriptor

NRCDV Admin 2: Thanks for your service Lynette. I'm glad you are joining our conversation today

Theresa Hardy: Hi, from Gladstone, Oregon.

Casey Keene: Can you say more, @Lynette? Has this experience been particularly triggering for you as a veteran?

Lisa Arp: Lisa Arp DASAS McCook, NE

Jan Anderson 2: Thank you Lynette for your service.

Theresa Hardy: I am victim advocate with Clackamas County.

Jan Anderson 2: CPS calls have increased.

Patty: Hello Theresa! So glad you could join us.

Gabrielle Green: Have they? I just got out of CPS work and ours had plummeted

Patty: Thanks for sharing, Jan!

Jan Anderson 2: when covid first started but lately it has been low

Jan Anderson 2: my name is Jessica Howell

Patty: Hello Jessica. If you're just joining us, please note that the recording and related materials from today's webinar will be posted on VAWnet at <https://vawnet.org/material/webinar-resilience-trauma-hope-healing-response-webinar-ii-self-care-healing-during-covid>

Veronica Jones-Welch 2: this is why we need self-care because vicarious trauma is real

Jan Anderson 2: Thank you Patty

Gabrielle Green: Oh VAWnet, fantastic

Jan Anderson 2: if it shows Jan it's because she sent me the link...

Patty: Oh I see! Glad you could join us!

Jan Anderson 2: Thank you! this is awesome!

Lynette Killsback: Casey, I feel helpless and it reminds me of how others may have felt when we were in Iraq. Again, I feel like the fear is my payback for Iraq.

Andrea Antonio 2: being emotionally drained and feeling that you aren't doing enough even though you did your best

Erica Peres-Hernandez: not being able to turn my work brain off, emotionally drained, extra tired, dreaming about clients

Jan Anderson 2: it's like y'all read my journal

Andrea Antonio 2: dreaming about clients is so real :(

Theresa Hardy: High anxiety and inability to disconnect

Patty: I'm so sorry to hear this, Lynette. Thank you for sharing. And most of all, thank you so much for your service.

Lynette Killsback: I often wake up in the morning and have to wonder what day it is, and why am I even waking up early. Its Blursday everyday

Casey Keene: @Lynette - Ah... thanks so much for offering this to us. So much pain embedded in your story/perspective. I really appreciate your willingness to share

Arlene Vassell: Thank you for sharing, Lynette! Thank you so much for your service.

Lynette Killsback: You're welcome Casey

Andrea Antonio 2: the need to get outside but too tired to because right after a shift i just sleep

Jan Anderson 2: I have been having conversations with clients in my dreams even in Spanish. wake up feeling like I actually met with them.

Casey Keene: Blursday. That sounds about right

Patty: Wow, that's so interesting, Jessica!

Theresa Hardy: Boundaries, Yes!!!!

Andrea Antonio 2: take breaks!

Jan Anderson 2: I am weird, sorry.

Roberta Wyatt: Compassion fatigue associated with my co-workers who are suffering from vicarious trauma

Patty: Thanks, everyone, for sharing. If you have any questions for Latoya, please be sure to submit here in the public chat.

Andrea Antonio 2: weird is awesome, please don't be sorry

Carla Sharp: Yes go home every night with fatigue,

Jan Anderson 2: Thank you Andrea

Veronica Jones-Welch 2: empathy fatigue

Casey Keene: I've also noticed my dreams have been vivid and disturbing

Patty: Mine too, Casey!

Jan Anderson 2: Thank you Casey. makes me feel better and not alone

Casey Keene: @Jan - These dreams are not uncommon! I was just reading an article about this

Patty: Very validating to know we are NOT alone.

Jan Anderson 2: VERY!

Elynn Greene: Wow, I never thought about vivid dreams as connected to my stress level.

Erica Peres-Hernandez: agreed Patty! I catch myself feeling guilty for experiencing these things. But we are only human!

Gabrielle Green: Oh, definitely. There's this big phenomenon I've been reading/hearing about where people are having COVID dreams

Jacqueline Miller: I meditate, do art, make music, talking is a BIG one for me!

Arlene Vassell: Praying and Journaling work for me! And of course...music!!!

Jacqueline Miller: Yes, self-reflection is how I am spending a lot time.

Patty: "This evening our message is a message of hope and resiliency and knowing and learning when to change that narrative." Thank you, Latoya, for guiding us and helping us get to a place of hope.

Erica Peres-Hernandez: yoga has helped me become the most aware of where and how i am storing the trauma in my body. I also keep a small box and sticky notes where I write my "rocks" of the day down and throw them out or burn them at the end of the day.

Enola Dick: negative thinking, feeling of resentment toward those who are not wearing masks in busy public places

Patty: Yassss to music, Arlene!

Jacqueline Miller: I have disassociated quite a bit.

Jan Anderson 3: Love praise and worship

Jacqueline Miller: Goring through pictures are soothing for me.

Audrey Bergin: art

Casey Keene: oh my gosh, @Enola! ME TOO!

Patty: I could listen to Latoya all day! Be sure to check her website and follow her on social media. Latoya's website: <https://www.lmcleodcounseling.com> / FB - @lmcleodLCSW

Casey Keene: bird watching!

Denise Loya: planting/gardening & coloring

Erica Peres-Hernandez: yoga nidra!

Enola Dick: I try to watch comedy in evenings that make me laugh. I listen to music that makes me feel good., I burn sage and pray to things to get better and protection for family and friends

Mishelle Lynch: I do nails to de-stress

Amanda Martinez: cvyt

Roberta Wyatt: Covid garden, but escaping via pinterest and home projects...

Dawn O'Bryan: Aromatherapy, music

Jan Anderson 3: I also like to walk at cemetery where my family is- it's my safe place

Jacqueline Miller: I do my hair and change my hairstyles rapidly. Getting my hair done feels so good.

Angela Ibarra: MUSIC and picture collages lol

Ghia Kelly: manis and pedis help me!

Jacqueline Miller: Yeeees, I do not have to have it figured it to move forward!!!! LOVE IT. That was so liberating!

Gabrielle Green: Too bad she's in NY, I could use a therapist like her!

Bonnie Neideffer: Gardening, and my garden is growing good

Roberta Wyatt: Anyone else reaching out and connecting to people you haven't seen or talked to in years? I'm talking 20 plus years....re-connecting

Arlene Vassell: Feel, heal and return to our focus!!! That's good!!!

Patty: Yes, Jacqueline! I was just typing the same quote.

Elisa Bonilla: Re-connecting sounds like a great idea! Thanks!!

Ghia Kelly: Bend but don't break

Lynette Killsback: Yes I have Roberta. Reconnected with old Army friends. We talk about our time in Iraq, and it actually makes me feel safe when we recollect those memories

Patty: Roberta: Yes, I'm been reconnecting with high school friends and other people I had lost touch and neglected over the years.

Jacqueline Miller: Wow...my traumatic experience is UNIQUE to me!!!!

Casey Keene: There is something powerful here about going back to our roots - both in our lives and in our movement work

Roberta Wyatt: Lynette Killsback...did that with my rack-mate from boot camp! Going through pictures and found her on social media...maybe trying to connect to feelings of a simpler time?

Patty: "Your traumatic experience and grief is unique to you." Thanks for the reminder!

Arlene Vassell: Yes, Jacqueline!! That was a great reminder...

Ghia Kelly: I agree @Casey

Melissa Muzzy: The Healing slide is difficult to see.

Gabrielle Green: That's so important to remember - I have friends in hospital and elder care work and they have so much more job stress than I do right now that it's hard to feel validated in venting around them.

Lynette Killsback: Yes Roberta, mostly talk about the good times in Iraq (yes there was some good times), and laugh at how we survived, what we ate, saw etc..... laugh

Ghia Kelly: LOVE!!!

NRCDV Admin 2: H- Hope in the present and future. Continue to look forward to the positive outcomes no matter what is going on in your life. E- Energy. What we focus on, we fuel. Invite positive, hopeful, favorable energy into your emotional and physical space.

Tonika Mason: "true healing requires love"

Arlene Vassell: Yesssss!!! Intentional...

NRCDV Admin 2: A- Acceptance. Accept the reality of our situations without trying to fight or resist it. This helps you to not get carried away by what we imagine or how we want things to be.

Patty: This is such a fabulous conversation! If you have any questions for Latoya, please be sure to submit here in the public chat!

NRCDV Admin 2: L- Love. True healing requires love. Love for self, Love for others, Love for the things around you. I- Intentional. Become intentional with your purpose. Say no to things that aren't important so that you can intentionally focus on matters most.

Dawn O'Bryan: Try not to suppress feelings

Arlene Vassell: Become Intentional with your purpose and your words!!! YESSSS....

NRCDV Admin 2: N- "New Normal". What this means moving forward in this pandemic is unique to you. Many lives and circumstances have been changed, be willing to embrace what comes next.

Jacqueline Miller: Oh my goodness...it's ok for me to say "this one was a hard one for me."

NRCDV Admin 2: G-Gentle, growth. Be gentle with yourself during your growth. What works today might not work tomorrow. Do not be afraid to start over again.

Jacqueline Miller: Wow...be willing to embrace what comes next.

Ghia Kelly: self compassion!

Peggy Wilson: The new normal was hard for me too. Not traveling to take clients to the grocery store or other basic needs.

Arlene Vassell: This is good!!! Be gentle with your growth process!

Angela Ibarra: that was awesome!!!

Jacqueline Miller: Be willing to embrace what comes next

Jacqueline Miller: Yeeees @Arlene!!!!

Melissa Muzzy: Recognizing that this situation will change us as a society and we will not return to the way things were before, nor should we. This situation has tasked us with creative thinking and problem solving.

Arlene Vassell: Yes, Melissa!!!

Patty: You're right, Melissa!

Kaitlyn Nichols: Mindfulness has helped me in not eating too much! I was snacking constantly and had to really be mindful of how my body was reacting to food and if I was full or bored or anxious eating.

Melissa Vaquero: Practicing meditation and yoga has really helped me become more calm and helps soothe me.

Patty: So glad to hear that, Kaitlyn!

Andrea Antonio 2: omg same for the jaws

NRCDV Admin: oh same!! I always clench my teeth and it's so bad for your jaw

Lynette Killsback: jiu jitsu was my outlet, but since this pandemic began, my gym had to close

Donna Bucaro: stress all in my neck and shoulders

Jacqueline Miller: Question: What can be done when anxiety or an increased heart rate starts when hearing messages of liberation and self-care such as this?

Jacqueline Miller: I am not sure if it's normal.

Ghia Kelly: @Jacqueline Deep breathing may help

Gabrielle Green: I think it's worth trying to explore where that comes from

Jacqueline Miller: Ok, thanks @Ghia!!!

Vanessa: Jacqueline, thanks for your question, I will address it in my part of the presentation

Patty: Thanks for your question, @Jacqueline!

Jacqueline Miller: Yes, @Gabrielle!

Jacqueline Miller: Thanks @Vanessa

Patty: We will do our best to pose all the questions during our time together.

Charlotte McCloskey: I love that graphic!!! LOVE IT

Arlene Vassell: LOVEEEEE that!!!!

Jacqueline Miller: Thank you @Patty! I was afraid to ask but decided to go with courage.

Arlene Vassell: Yesssss!!!! Thank you for that quote and image!!!

Charlotte McCloskey: Thank you!!!!!!!!!!

Margaret Abrams: thank you Latoya

Patty: Wow, great quote. Thank you for teaching us that technique, Latoya. And for all the wisdom and hope you shared with us this afternoon!

Claire Crane: Jacqueline, I understand the feeling you describe. That happens to me too.

NRCDV Admin: register for next week's webinar here: https://nrcdv.adobeconnect.com/web3/event/event_info.html

Arlene Vassell: Thank you Latoya!! Great presentation.

Patty: I so glad you asked, @Jacqueline. Courage is a beautiful thing.

Doris Wright 2: Thank you for the inspiration, Latoya

Arlene Vassell: Love that Vanessa! Healing the Collective...

Jacqueline Miller: Thanks for sharing that @Claire

Patty: I love this quote, Vanessa!

Jacqueline Miller: Thank you Vanessa!!!! Wonderful, love it.

Jacqueline Miller: Thank you Latoya, that was outstanding!!!!

Patty: Vanessa's website: <https://www.kindredtreehealing.com> / FB - @kindredtreehealing

Jan Anderson 3: Thank you Latoya!

Eiman Elmansori 2: Thank you Latoya for a great work you did!

LaToya Young: Thank you everyone!

Gabrielle Green: Fear

Mishelle Lynch: Uncertainty

Melissa Muzzy: Fear of returning to work

Sharon King 2: anxiety

Dawn O'Bryan: Uncertainty

Jeanette John-Baptiste: HOPELESSNESS FEAR

Linda Locke: this will never be over

Bonnie Neideffer: Bills not getting paid

Marjorie Stein: anger

Eunwoo Lee: Frustration

Casey Keene: Despair

Mary Gillette: isolation

Melissa Vaquero: Fear, anxiety.

Jacqueline Miller: Compassion and patience with one another

Audrey Bergin: anxiety

Japhie Niver: Instability

Caleb Turmel: Chronic uncertainty

Dawn O'Bryan: Confused

Mei Hung: racism

LaToya Young: Anxiety

Jan Anderson 3: losing everything

Donna Bucaro: uncertainty

Julie Reinhart: stagnant

Brenda Wood: Anxiety, depression, feelings of suicidality

Melissa Muzzy: anxiety

Erica Pharr: inability to help

Chris Zwicky: unknown changes

Carla Sharp 2: Masks have begun to be an issue, either for or against

Melissa Muzzy: isolation

Vanessa Benavides: confusion

Elisa Bonilla: Panic

Sharon King 2: loss of trust

Arlene Vassell: uncertainty

Paula Schnoblen: collective sentiments, missing loved ones and confusion

Jacqueline Miller: Anger

Jen Zamarron: unpredictable

Lynette Killsback: helpless against an enemy with no face

Dawn O'Bryan: Power & Control!

Erica Pharr: disrespect

Elynn Greene: Fear and frustration

Mei Hung: isolation

Linda Turnage 2: Uncertainty with fear

Doris Wright 2: This pandemic is real no one is taking it seriously

LaToya Young: Credit and Retirement

Damary Rodriguez: exhaustion

Melissa Vaquero: A lot of division.

Tonika Mason: Disappointment

Theresa Hardy: fatigue, despair, fear, no control!

Dawn O'Bryan: Fatigued

Jan Anderson 3: feel that Lynette

Patty: Great responses! Thank you, everyone.

Carla Sharp 2: Not able to see our parents in nursing home, cannot hug them, etc.

Enola Dick: family members calling to check and see how I'm doing and other family members

Theresa Hardy: loss of work, fear about almost everything!

Melissa Muzzy: Concern of continuous changes in information and lack of accurate information

Linda Locke: feeling like there is no end in sight

Jan Anderson 3: afraid of having to shut down our shelter again

Lindsey Scott: Not being able to advocate for parents in nursing homes

Theresa Hardy: Marriage issues, relationship with Family are stressed

Dawn O'Bryan: Homelessness increased

Patty: Yes! Not being able to be with my parents, that has to be the worst part.

Jacqueline Miller: There is a lot of silence in my community.

Enola Dick: seeing others who are or have lost family members and cannot practice tribal traditions during this time.

Kyle Darbonne: Love Bruce Perry!

Carla Sharp 2: Feeling this is going to be our norm, we will be locking down off and on at different times of the year.

Jan Anderson 3: yes @carla

Charlene Boice: not being able to go visit family members, feeling this will never end

Jan Anderson 3: childcare has been hard for our survivors

Jacqueline Miller: It's not about bad vs. good

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Patty: Also, if anyone needs a certificate of attendance, you can send an email to Ivonne Ortiz at iortiz@nrcdv.org.

NRCDV Admin 2: @Enola that must be really difficult, I lost my grandmother after hurricane Maria and was not able to go to PR for the funeral. It was heartbreaking.

Japhie Niver: How do we attend to folks who are experiencing trauma when they are out walking?

Arlene Vassell: Future focused! Love that...

Japhie Niver: Specifically related to mask wearing practices and danger in public places.

Patty: Thank you for your question, @Japhie!

Patty: We're sharing all the questions with the presenters.

Gabrielle Green: Yeah, I think we will need to find ways to be creative with indoor exercise

Gabrielle Green: Maybe walking in place while listening to music

Casey Keene: @Japhie - This is so real! I feel like I get into upsetting encounters with people wherever I go, specifically related to masks/public safety. It's very distressing

Casey Keene: @Japhie (apologies for the misspelling)

Patty: So true! - "As helping professionals, we are really good at trying to help other people, and sometimes it is hardest to help ourselves."

Casey Keene: I have talked with trauma survivors who are afraid to leave home for fear of these encounters

Jacqueline Miller: Wow...

Japhie Niver: Thanks for the feedback!

Patty: Wow. Thanks for sharing, Casey!

Arlene Vassell: That's exactly what I said, Jacqueline!! Wow... that's deep! Thanks for asking the question.

Gabrielle Green: AGREED so much Vanessa, thank you. I have mostly only ever heard advice to "stay positive" from people in the context of minimizing and invalidating

Enola Dick: NRCDV Thank you for that acknowledgment, I am sorry to that you have had the same kind of loss of tradition practice with a loss of loved one.

Carla Sharp 2: I love all these examples of coping techniques, I can't wait to do some of these in our support group.

Jacqueline Miller: Arlene please repeat what you said...

Arlene Vassell: Jacqueline...we both said, wow!!! : -)

Jacqueline Miller: Yes @Vanessa, I appreciate that!

Arlene Vassell: That's very helpful for me Vanessa!!

Jacqueline Miller: It's all true @Vanessa

Bekki Craig: I love EFT and go to a weekly tapping group!

Dawn O'Bryan: If someone feels stuck how should they address that

Audrey Bergin: anxious

Jen Zamarron: fear

Claudia Miranda-Julian: lack of control

Veronica Jones-Welch 2: frustration

Andrea Antonio 2: stressed and sadness

Bekki Craig: integrated

Sharon King 2: lost

Claire Crane: fear and anxiety over the unknown

Mishelle Lynch: unhelpful

Japhie Niver: Out of control

Gabrielle Green: Alone

Ranya Ghadban: unable to care for those close to me

Dawn O'Bryan: okay

Brenda Wood: Fear and sad

Melissa Muzzy: Overwhelmed

Sharon King 2: lonely

Lorena Lugo: overwhelmed

Elynn Greene: helpless

Erica Pharr: unsure

Linda Turnage 2: numb

Theresa Hardy: Guilt, Fear

Charlene Boice: frustrated & angry

Jan Anderson 3: I am not enough

Carla Sharp 2: Right now I feel frustrated with Covid 19 and I fully and completely accept myself.

Enola Dick: right now I feel pessimistic

Jeanette John-Baptiste: SCARED THAT MY BEING OUT TO WORK MIGHT JEOPARDIZE MY 80+ YEARS MOM WHO LIVES WITH ME

Melody Bassett: frustrated-anxiety-overwhelmed don't feel like I can help my clients.

Sharon King 2: rejected

Chris Zwicky: like I'm not doing enough

Arlene Vassell: like I need to be doing more

Jan Anderson 3: I am loving this! feel like I have a new support group!

Beatriz Patino-Sherard: tired and anxious by all that is happening in our nation and fearful of the future for my children and I fully and completely accept myself.


Arlene Vassell: I agree Jan!!

Jacqueline Miller: As a child, I was not allowed to do what I needed to do for myself. At times, I feel scared to go deeper in feeling that I am worthy of self-care.

Charlene Boice: Beatriz I agree with you

Melissa Muzzy: Makes me feel emotional

Jan Anderson 3: Thank y'all!

Casey Keene: Right now I feel overwhelmed and fearful, and I fully and completely accept myself 

Elynn Greene: 6

Japhie Niver: 8

Lynette Killsback: 7

Enola Dick: 6

Kaitlyn Nichols: 8

Beatriz Patino-Sherard: 7

Theresa Hardy: 8

Melissa Muzzy: 6

Andrea Antonio 2: 8 for sadness

Chris Zwicky: 7

Veronica Jones-Welch: 2

Charlene Boice: 6

Audrey Bergin: 7

Erica Pharr: 6

Natalia Tyrrell: 7

Lorena Lugo: 77

Carla Sharp 2: 7

Linda Turnage 2: 7

Gabrielle Green: 78

Eiman Elmansori 2: 7

Jacqueline Hughley: 8

Roberta Thomas: 5

Sharon King 2: 8

Paula Callen: 7

Doris Wright 2: 5

NRCDV Admin 2: 6

Jacqueline Miller: 6

Jan Anderson: YES

LaMondt Sanders: 6

Veronica Jones-Welch: OK I over relaxed. I feel grounded and relaxed and the process is making me smile. What is a good amount of time to spend on doing this?

Jan Anderson: My Owls

Patty: Wow. Thank you for leading us through this powerful exercise, Vanessa. And thanks so much for sharing your wisdom and brilliance with us this afternoon! For more information, visit Vanessa's website at <https://www.kindredtreehealing.com> and follow her on social media: FB - @kindredtreehealing

Janet Lee 2: Is it "but I fully and completely accept myself "or "And I fully and completely accept myself?"

Elynn Greene: I felt peaceful as I took the first breaths, but now I feel energized

Jan Anderson: My owls help me all the time. I like to gaze into their eyes

Bekki Craig: I love your style! thanks for sharing that with us!

Beatriz Patino-Sherard: I feel lighter. Thank you!

Japhie Niver: 7

Kaitlyn Nichols: I feel like I'm walking on air, like I can breathe again

Eva Palma: 4

Theresa Hardy: 3

Carla Sharp 2: 3

Beatriz Patino-Sherard: 4

Jen Zamarron: 2

Melissa Muzzy: Calm

Charlene Boice: 2

Audrey Bergin: 2

Jeanette John-Baptiste: 9.5

Caleb Turmel: 2

Roberta Thomas: 2

Lorena Lugo: 4

Jan Anderson: I feel as I am and will be OK!

Elynn Greene: 3

Eunwoo Lee: 3

Melissa Muzzy: 3

Gabrielle Green: 5

Erica Pharr: 4

Eiman Elmansori 2: 8

Dawn O'Bryan: I was looking outdoors a tree branch moving side to side. Much calmer

Sharon King 2: idk

Paula Callen: 4

Kathy Andrews: Great...feel better

Enola Dick: 1

Dawn O'Bryan: 2

Doris Wright 2: 0

Lorena Lugo: more relaxed

Alicia Rose: 2

Jacqueline Miller: I WAS FEELING OVERWHELMED AND FEARFUL AND THAT WAS OK. I FULLY ACCEPT MYSELF. I AM A 7 NOW.

NRCDV Admin 2: 1

Jan Anderson: you are awesome @vanessa

Erica Pharr: This was very helpful!

Melissa Muzzy: I think part of it for me is that we were practicing together to reduce shared feelings.

Denise Loya: I feel sleepy now

Carla Sharp 2: I am relaxed and I could take a nap lol

Dawn O'Bryan: Yes, ready for a nap

Gabrielle Green: Vanessa do you have any advice for clients who might have a hard time holding their arms up that long or reaching the underarm? Just do more on other sections? Okay to take a pause or no?

Eva Palma: This was a wonderful relaxing exercise. Thank you Vanessa!

Theresa Hardy: that was great

Charlene Boice: I would love to have the powerpoint for this presentation

Dawn O'Bryan: Great exercise!

Enola Dick: my body is feeling relaxed and easy

Jacqueline Miller: IT FELT REALLY GOOD TO FOCUS ON ME, MY FEELINGS AND MY BODY.

Jacqueline Miller: RADICIAL ACCEPTANCE!!!

Arlene Vassell: This was great!! Thanks for this gift!

Natalia Tyrrell: It made me feel hopeful

Paula Callen: Thank you so much I have to leave

Christy McMillan 2: I missed this!! Will we have access to recording and slides???

Caleb Turmel: This was great! Thank you so much!

Patty: Be sure to bookmark this link: <https://vawnet.org/material/webinar-resilience-trauma-hope-healing-response-webinar-ii-self-care-healing-during-covid>. The recording and related materials from today's webinar will be posted here next week.

Jacqueline Miller: THANK YOU VANESSA!!!

Tonika Mason: I love all of these visuals :)

Dawn O'Bryan: I can relate to her!!!

Patty: @Christy, see link above.

Christy McMillan 2: Thank you!

Charlene Boice: Thank you Vanessa & Latoya - This was an awesome webinar!!!

Alicia Rose: Thank you!

Jan Anderson: Thank you all so much my friends! I have to leave for an appointment.

Patty: They were awesome, indeed!

Chris Zwicky: I'm so happy to hear more body centered work happening. I have my master's degree in dance/movement therapy.

Patty: Vanessa's website: <https://www.kindredtreehealing.com> / FB - @kindredtreehealing

Patty: Latoya's website: <https://www.lmcleodcounseling.com> / FB - @lmcleodLCSW

Arlene Vassell: Loveeeeeee these visuals!

Patty: That sounds awesome, @Chris!

Patty: Me too, Arlene! <3

Gabrielle Green: I'm very intrigued by dance/movement therapy

Arlene Vassell: Love them Vanessa!!!

Paula Schnoblen: love the pictures and your artwork!

Jacqueline Miller: BEAUTIFUL ART!!!!!!

Casey Keene: beautiful and inspiring!

Charlene Boice: beautiful art - I love that you were inspired by nature

Patty: gorgeous!

Melissa Vaquero: Art Therapy is the best!

Gabrielle Green: AWWW!

Jacqueline Miller: LOVE IT

Charlene Boice: Awe!

Arlene Vassell: "If you want to be an artist, just be one!!" Love it

Dawn O'Bryan: Thank you so much for your amazing presentation

Patty: And don't forget to register for webinar III on July 7 - There is Hope & Joy Ahead https://events-na13.adobeconnect.com/content/connect/c1/2356533113/en/events/event/shared/8308274366/event_landing.html?connect-session=na13breezn6rgic58c5z4mhvq&sco-id=4138857839& charset =utf-8

Erica Pharr: Thank you for this presentation!

Arlene Vassell: Amazing presentation! Thanks Vanessa and Latoya!

Gabrielle Green: Sounds great, thank you so much, Vanessa!

Dawn O'Bryan: Can someone do the tapping on their neck?

Veronica Jones-Welch: awesome!

Jacqueline Miller: IS THERE ANYTHING SPECIFIC GOING ON WHEN I WAS DOING THE EXERCISE AND CROSSED MY ARMS, I FELT LIKE MY YOUNGER SELF AROUND THE AGE OF 8-10. I GUESS IT FELT LIKE I WAS GIVING HER AN HUG.

Japhie Niver: Perfect, thanks!

Doris Wright 2: Thank you for the wonderful presentations I feel extremely empowered ... I have many powerful tools to keep our clients encouraged

Patty: There is Hope & Joy Ahead https://events-na13.adobeconnect.com/content/connect/c1/2356533113/en/events/event/shared/8308274366/event_landing.html?connect-session=na13breezn6rgic58c5z4mhvq&sco-id=4138857839& charset =utf-8

Elyne Greene: Thank you!

Sharon King 2: Thank you so much!!! from RI

Japhie Niver: Thank you so much, that is wonderful. Having a session with a counselor to address walking (I'm in Chicago) sounds wonderful if possible.

Patty: Thanks so much for joining us today, everyone! We only have a few minutes left, be sure to complete the brief survey upon logging out.

Jacqueline Miller: THANK YOU VERY MUCH. THIS HAS BEEN GREAT

Kathy Andrews: Thank you!

Dawn O'Bryan: Wonderful! thank you

Janet Lee 2: I love pulling in EFT

Patty: Thanks so much for joining us today, everyone! Be sure to complete the brief survey upon logging out. If anyone needs a certificate of attendance, you can send an email to Ivonne Ortiz at iortiz@nrcdv.org.

Jacqueline Miller: THANK YOU ARLENE

Carla Sharp 2: This was amazing, thank you so much!!!

Eiman Elmansori 2: Very amazing really!

Arlene Vassell: Hey Ivonne and NRCDV Team!!! <3

Donna Bucaro: Thank you!!

Eiman Elmansori 2: Thanks you so much

Vanessa: Keep on keeping everyone!!!

Margaret DeLoris: 6