

survive & thrive

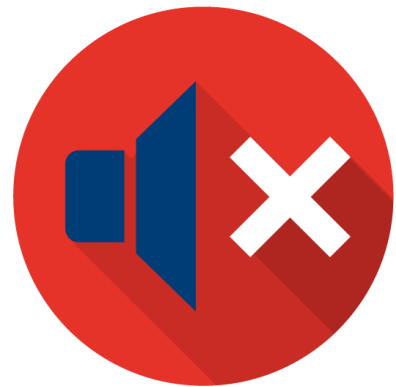
moving forward from interpersonal trauma

Week 01

What is the course all about?



Video-call guidance



Please make sure your **audio is muted** unless speaking



Please **leave your camera on** so we can see each other



Please **ask questions** and use the **chat function** as needed

Brief breathing exercise



What we will cover today

- What is Survive and Thrive?
- The journey of recovery
- What is abuse and trauma?
- How common is abuse and trauma?
- What is covered in the course?
- Safety
- Snakes and Ladders, small steps and 3 Ps
- Breathing exercise
- Quote to consider

What Survive and Thrive is...

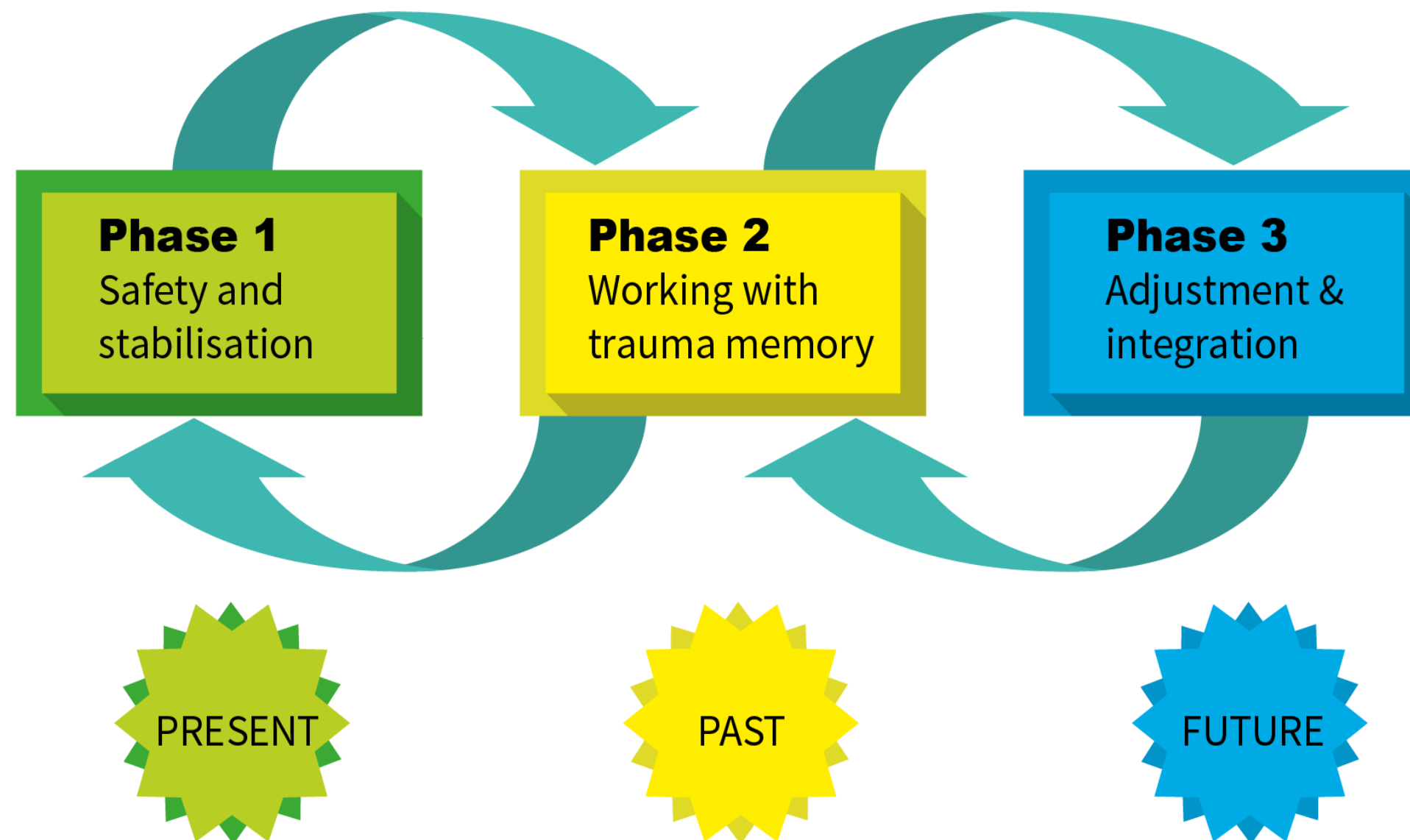
- A course to learn about abuse and trauma and how it affects people
- A chance to find out how to make ourselves safe
- Psychoeducation—a chance to learn and share helpful coping skills
- A step in a journey...

What Survive and Thrive is not...

- Therapy
- An opportunity to talk about your own experiences of abuse and trauma

Phased Intervention Model

(Herman 1992, Matrix 2015)



Course guidelines



Course guidelines

- **Strict confidentiality** within and outside the course (including social media).
- Course facilitators will keep information confidential except in extreme circumstances such as when:
 - They believe you are at immediate risk
 - They believe a child is at risk
- Course facilitators will, as far as safely possible, consult you about any information being shared.

Course guidelines

- First names only—including the facilitators.
- If you need to leave—please let one of the facilitators know. It is ok to take a break from your screen if you require. If you need to speak with one of the facilitators, please let them know.
- **You do not need to talk** if you don't want to.
- Please listen to and respect others' opinions.

Important information

- Sessions are planned to be 1 ½-2 hours long with a tea/coffee break in the middle You will be given information to take away each week.
- If you don't want to take the information home for reasons of safety or confidentiality, then ask one of the leaders to look after it for you.
- **We are here to help.**

What is covered over the 10 weeks?

- ✓ Week 1 What is this all about?
- ✓ Week 2 What are the effects of interpersonal trauma?
- ✓ Week 3 Safety and getting started
- ✓ Week 4 Surviving the surviving
- ✓ Week 5 Anxiety and how to cope

What is covered over the 10 weeks?

- ✓ Week 6 Anger and how to cope
- ✓ Week 7 Depression and how to cope
- ✓ Week 8 Shame and Guilt and how to cope
- ✓ Week 9 Flashbacks, nightmares, dissociation and how to cope
- ✓ Week 10 Effective communication and moving on

What is abuse and trauma?

Defining traumatic events

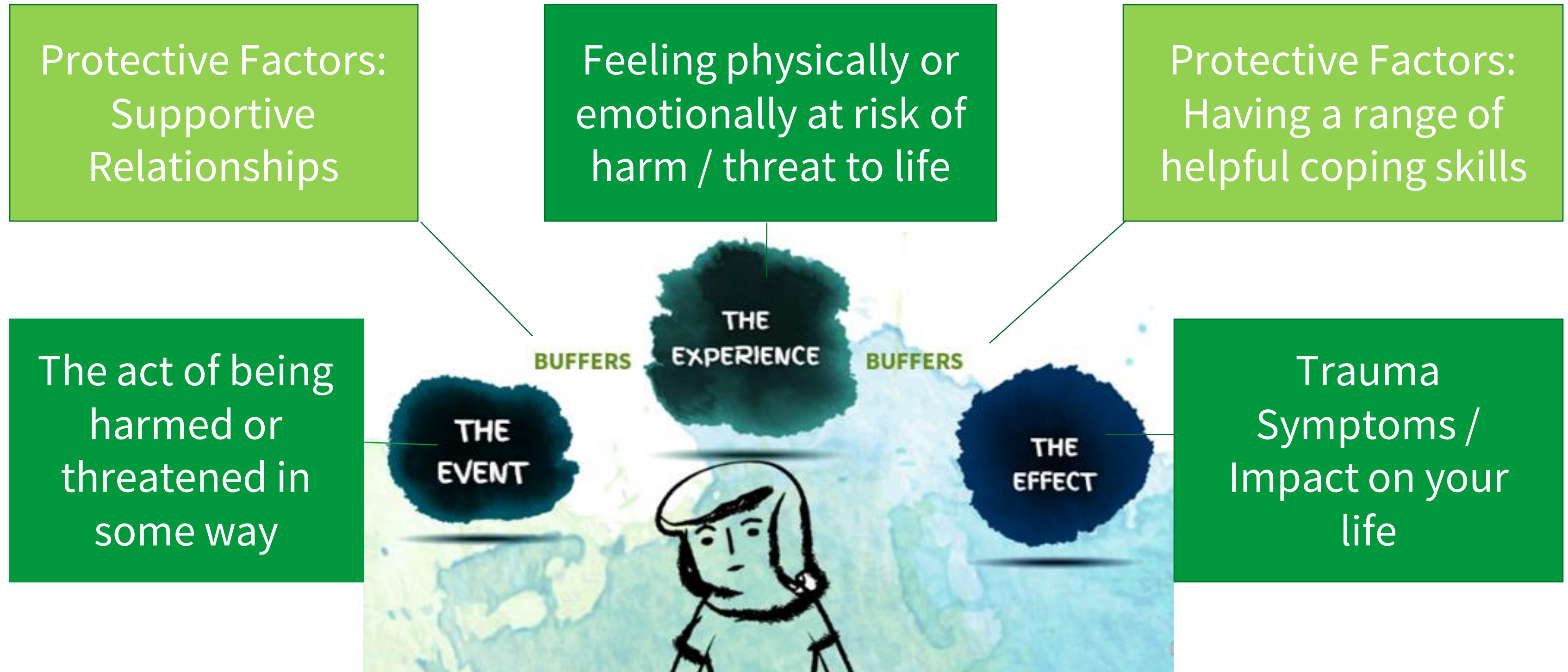
We can define trauma in terms of 3 'Es':

the **Event**,
how it is **Experienced**,
and its **Effects**.

“Individual trauma results from **an event**, a series of events or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has long lasting **effects** on the individual’s functioning and mental, physical social, emotional or spiritual wellbeing.”

Substance Abuse and Mental Health Administration (SAMSA) (2014)

What is abuse and trauma?



Types of abuse in childhood

- Physical
- Emotional
- Sexual
- Neglect



Types of abuse in adulthood

- Rape and sexual assault
- Domestic abuse
- Stalking and harassment



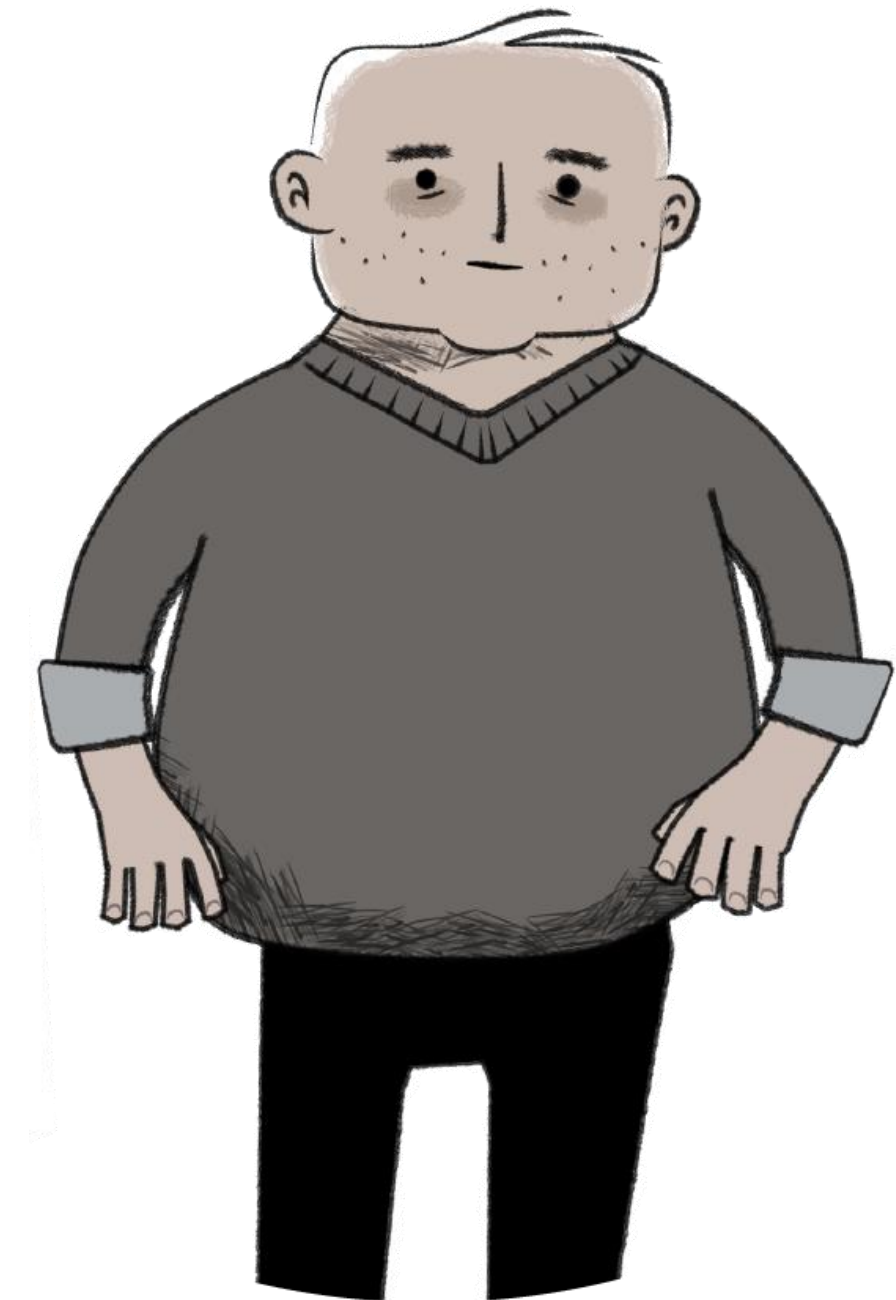
How common are abusive experiences?

- In terms of childhood sexual abuse, the World Health Organisation (2020) estimates that this has happened to:
 - 20% of women
 - 5-10% of men
- A quarter of adults report that they were physically abused as a child (WHO, 2020)



How many?

- The Scottish Government reports that 1 in 5 women experience domestic abuse.
- Police Scotland report that of every 5 reports of domestic abuse in 2017 to 2018, one reported victim is male.



In real life...

- Many people have abusive experiences across their life.
- It may have lasted a long time.
- This may have been at the hands of one person, but it can be several people who have hurt you.

Blaming yourself

- Many people have abusive experiences across their life.
- Lots of survivors blame themselves for what happened and feel shame, **but:**
 - Abuse is a crime
 - There is no acceptable justification for being abused
- We will talk more about this throughout the course

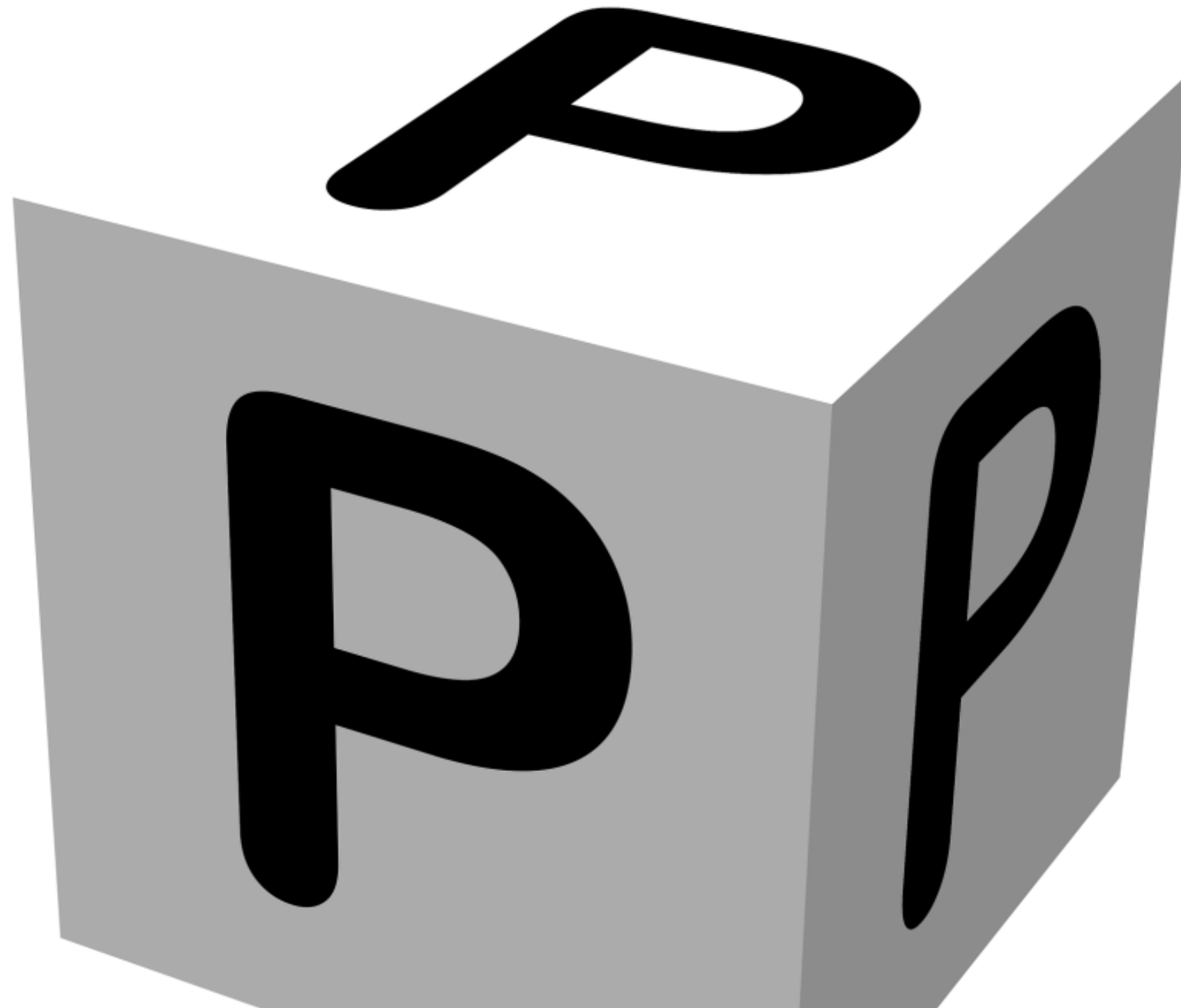
Blaming yourself

- We want you to **think very carefully** about your safety:
 - Are you currently at risk of abuse or trauma?
 - Are you feeling suicidal or at risk of serious self-harm?
 - Do you know of a child at risk?
- Speak to course leaders or your link person

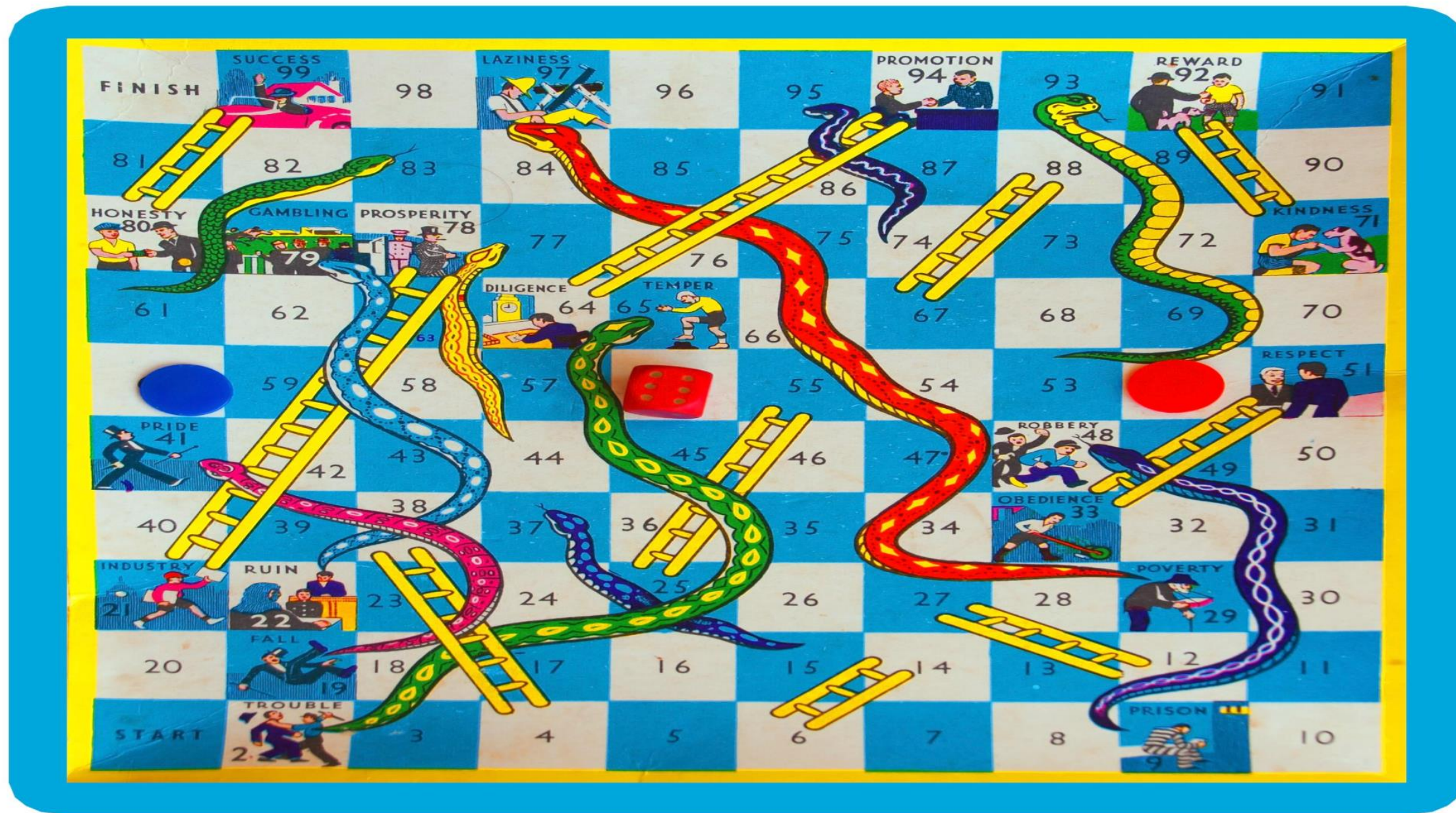


The 3 Ps

- Preparation
- Practice
- Patience



Snakes and ladders



Step by step



Course handouts

- **Key Points handout:** This gives a brief summary of the main points from this week. It also has space every week for some thinking and planning and space to record practice of skills.
 - Evidence tells us that using these between sessions helps your progress, but there will be no need to feedback. This is for you.

Course handouts

- **Full Handout:** This gives more information and may be useful for people who like to read more about things.
- If it is safe, we would encourage you all to take the Key Points handout but feel free to choose to take both. It is your choice.

One-minute mindmap

In the next minute:

- Write down or think about, something you have learned this week.
- Is there something you want to do differently?
- In the key points handout, there is a space that you can use to help to remember what you might plan to do and how it went.

Brief breathing exercise



A word of wisdom

“Success is not to be measured by the position someone has reached in life, but the obstacles they have overcome while trying to succeed.”

Booker T. Washington