Day of Service

Nonprofit Organization Professional Development

Addressing Trauma In Nonprofit Organizational Settings

1:00 PM to 5:00 PM
Our esteemed panelist

Dr. A’Tasha Christian - Domestic Abuse
Ms. Chelsea Fullilove - Human Trafficking
Dr. Ann Shillingford-Butler - Natural Disasters
Dr. John T. Super - Child Based Trauma.

Make a difference—get involved
Addressing Domestic Violence in Nonprofit Settings

Dr. A’tasha M. Christian

Objectives:

1) Receive a brief overview of intimate partner violence (IPV) to include historical and cultural contexts and social justice.
2) Identify and discuss the experiences of individuals impacted by IPV and how to provide trauma-informed care in the nonprofit setting.
3) Discuss healthy self-care for practitioners in the nonprofit setting.

Overview of Intimate Partner Violence:

- Battered Women’s Movement
- Empowerment Model
- Cultural generational trauma
- Increase in social justice

Trauma-Informed Care in Nonprofit Settings:

- Community Work: Pivotal for prevention
- Trauma-informed interventions and inventories
- Including men in interventions

Self-Care for Practitioners

- Parallel process
- The Wounded Healer
- Developing a resource bank

Adding to the Toolbox

1) Cycle of Abuse
2) Recognizing the Signs
3) Developing a Trauma-Informed Agency
PTSD and Depression are among the most common mental disorders. Important ways to treat PTSD cognitively which also account for a lack of recovery are: self-blame, guilt, inability to trust others, and perceived dangerousness of the world. (Abas, 2013).

The International Labour Organization estimates 27 million people become trafficked annually—4.5 million of whom are victims of forced sexual exploitation (Litam, 2017).

The above link is a handbook with many valuable resources! Compiled by a team of experts, it includes guiding principles & applied knowledge for trafficked persons.
Natural Disasters
M. Ann Shillingford, PhD
University of Central Florida

Session Objectives

Participants will:
1. Understand the effects of natural disasters on the mental, psychological, and financial health of individuals and families.
2. Understand the impact of natural disasters on the U.S.
3. Identify counseling strategies for working with immigrants to the US.
4. Identify evidenced-based models for supporting individuals and families affected by natural disasters.

Session Delivery:
This presentation will be delivered through discussion and information sharing by the presenter and the audience. Participants will be allowed to share personal experiences of disaster as well as working with individuals affected by disasters. Presenter will share information regarding a recent study abroad.

Program Overview and Terms

Natural Disasters include:
1. Hurricanes
2. Earthquakes
3. Tornadoes
4. Tsunami
5. Wild Fires
6. Storms

Effects of Natural Disasters:
1. Psychological Effects: PTDS, Anxiety, Grief, Depression
2. Post-Disaster Care: Psychological First Aid: Strategies for basic support

Role of Counselors
1. Addressing to the: Individual, Microsystem, Exosystem, and Macrosystem
   a. Integration of care for individuals, family, and community
   a. Beyond the counseling office; providing support services through advocacy.
Types of Trauma

**Primary:** An event (one time or multiple) that significantly affects an individual.

**Vicarious:** The affect an individual feels is experienced secondhand.

**Collective/Shared/Community:** used to describe circumstances in which counselors and clients experience the same trauma simultaneously (Bell & Robinson, 2013)

Common emotions experienced

- Shock
- Anger*
- Sadness
- Concern
- Grief
- Fear
- Stuck

Model for working with teachers

- Educate
- Prepare
- Process

Effect:

- 2nd responders are often counselors.
- We are directly impacted and want to take action.
- Large body of literature shows the benefits of intervening (Lenz, 2018)
- Latent processing (Gelo & Gonzales-Lugo, 2018)
- PTSD (Beckerman & Wozniak, 2018)

What do the numbers tell us?

- **152** Mass shootings in last 50 years.
- Defn:
  - 4 or more people
  - Same general area and time
  - (Washington Post, 2018)
- Shootings
  - **58** deaths: Las Vegas concert
  - **49** deaths: Pulse
  - **32** deaths: Virginia Tech
  - **27** deaths: Sutherland Springs, TX church
  - **17** deaths: Marjory Stoneman Douglas High School
  - **14** deaths: San Bernardino office*

*woman
(CNN)

They tell us:

- Collective traumas happen regularly.
- They happen everywhere
- Its not if, but when it will happen in community you are a part of.