The Trauma Healing Project: Promoting Liberation and Justice through Healing

Trauma Informed Oregon
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The Trauma Healing Project

- A community based effort led by survivors that includes activists, advocates, counselors, students, researchers, academics and social service providers

- We share the understanding that in order to reduce or eliminate individual and collective abuse and violence we must provide adequate support and attention for true healing from past trauma (including historical trauma and oppression)

- Our effort includes community engagement, research, education and direct services and support for survivors
Our Working Assumptions

- We are all impacted by trauma – individually and collectively, currently, intergenerationally and historically – there is no “us and them”
- Unresolved trauma negatively impacts individual and community health and mental health, our quality of life, our ability to be effective in our work, and our capacity to create just societies.
- Intimate violence ↔ collective violence and oppressions
- Managing the consequences of trauma ≠ healing or resolution
- We are hardwired for and driven towards healing - with intention we can harness this process for everyone’s benefit

~ People can and do completely heal…

Our Vision

Communities where anyone impacted by violence, abuse or other trauma receives the support and attention needed to fully heal and thrive.

Our Mission

To increase capacity in the wider community to promote and support trauma healing.
Guiding Principles

Safety - immediate/long-term, basic needs, safe space, advocacy, holistic
Healing - holistic, community-based, expressive & effective
Liberation - empowerment focused, partnership models
Justice - prevention, intervention, activism and social change

We will not use psychiatric labels or diagnosis, nor will we support or promote the medicalization of people’s experiences of or responses to trauma. We commit to seeing the goodness, intelligence and potential of every person and to promoting and supporting full healing.

Our Working Definition of Trauma *

“Trauma is not a disorder but a reaction to a kind of wound. It is a reaction to profoundly injurious events and situations in the real world and, indeed, to a world in which people are routinely wounded.

“Trauma is a concrete physical, cognitive, affective, and spiritual response by individuals and communities to events and situations that are objectively traumatizing. On a simple level, for the most part, people feel traumatized or wounded because they have been wounded.”

~ Bonnie Burstow
Early and Persistent Challenges

- The connection between trauma and violence is rarely addressed yet the damage negatively impacts everyone.

- Effective rituals and processes for healing from trauma have been understood and practiced in cultures throughout human history, but many have been devalued, forgotten or lost.

- The expert/subordinate paradigm is disempowering - the opposite of healing.

- Many efforts to address trauma, especially in the US (including research, funding and services) focus on behavioral and symptom management and ‘relief’ rather than on healing and resolution.

Our Work

- Raising Awareness
  - Community Engagement & Education
  - Professional Training & Consultation

- Healing
  - Traditional & Complementary Healing Services
  - Residency Program for Practitioners

- Listening
  - Action Research
  - Community Forums
  - Survivor Leaders
Providing Technical Assistance

- TIC Team Development and Ongoing Support
- Assessment & Work Planning
- Competency Development and Training
- Learning Collaboratives
- Specialized Support for Managers & Supervisors
- Sustainability Plan Development

Lane County Trauma-Informed Systems of Care

*From the Missouri Model: A Developmental Approach to Trauma-Informed Care*
What We Think!

- Are Inclusive
- Are Well-Supported
- We do best when we...
- Celebrate & Learn
- Have Common Agreements

Not by chance, but explicit, intentional and tended to…