Trauma Responses Within Support Groups

FACILITATING WITH CONFIDENCE

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Acknowledgement of the Original People of the Land.

YWCA Clark County acknowledges the land which we occupy and the original people who cared for this land. We would like to acknowledge that our organization and the areas we frequent are on the traditional lands of the Cowlitz, Multnomah, Clackamas, Molalla, Kalapuya, Tualatin, and Kathlamet people and that this land was unwillingly given by the original occupants of this land.
Goal for Today

Participants will gain confidence in navigating trauma responses in a group setting.
Objectives

• Identify trauma responses that may present during group sessions

• Discuss trauma informed intake processes and guidelines creation

• Share ways of safely navigating trauma responses during group sessions

• Learn and have fun on Zoom together!
Communicating Today

Annotate

- Chat
- Text
- Stamp
Using the annotate/text feature (or chat) type one word about how you’re feeling this afternoon
I am an experienced facilitator

Use the stamp tool to share your experience

I have some experience facilitating groups

I have no group facilitating experience (yet)
Which of these feel most challenging to you in a group setting?

Anger

Fear and/or anxiety

Guilt/Low Self-Esteem

Disassociation
Let’s Dive Right In!
How might **anger** show up in a group setting?

How can we navigate this response?

- Acknowledge
- Validate/normalize
- Grounding/breathing techniques
How might **fear** show up in a group setting?

How can we navigate this response?

- Acknowledge
- Validate/normalize
- Look at the space (in person/virtual space)
- Grounding/breathing techniques
How might **disassociation/difficulty concentrating** show up in a group setting?

How can we navigate this response?

• Acknowledge
• Validate/normalize
• Stretch breaks
• Grounding/breathing techniques
How might **guilt/low self-esteem** show up in a group setting?

How can we navigate this response?

- Acknowledge
- Validate/normalize
- Reframing
Intakes
Please put a stamp on the clipboard which describes your team’s use of intakes for support group

We do support group intakes

We do not do support group intakes
Why do intakes?

- More prepared participant
  - Show them the space
  - Meet facilitators
  - Introduce to virtual platform

- A chance to screen participants into more appropriate services

- May identify potential triggers and trauma responses
Why, what, and how do you ask?

• What do you ask during intake that gives you valuable info?

• Are you leaving enough time and being prepared for trauma responses during intake?

• Are you comfortable with the questions?

• Do you have policies/procedures around screening people into other services? Follow your instincts.
GUIDELINES
How can we make these guidelines more trauma-informed?

Be present and participate

Participate at your own comfort level
How can we make these guidelines more trauma-informed?

Show up on time

Facilitators will start and end group on time
How can we make these guidelines more trauma-informed?

Check your anger

Strong emotions are normal and expected – violence and hate language are not okay
How can we make these guidelines more trauma-informed?

Turn cell phones off

Cell phones can be on vibrate
How can we make these guidelines more trauma-informed?

Come to group sober

If you can’t attend group sober this week, try again next week
Grounding exercise
Wrap up/
Questions
U R O C K
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