

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



You are viewing Laurie Schacht's screen

View Options ▾

- Zoom Ratio Fit to Window >
- Request Remote Control
- Annotate**
- Exit Full Screen
- ✓ Side-by-side mode

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Address bar: https://www.interstatebridge.org/

Navigation menu: Home, Bridge Closure, Travel Strategies, Marine Traffic, News, FAQs, Library, Contact Us

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Address bar: https://www.interstatebridge.org/

Annotation toolbar: Mouse, **T** Text, Draw, **✓** Stamp, Arrow, Eraser, Format, Undo, Redo, Clear, Save

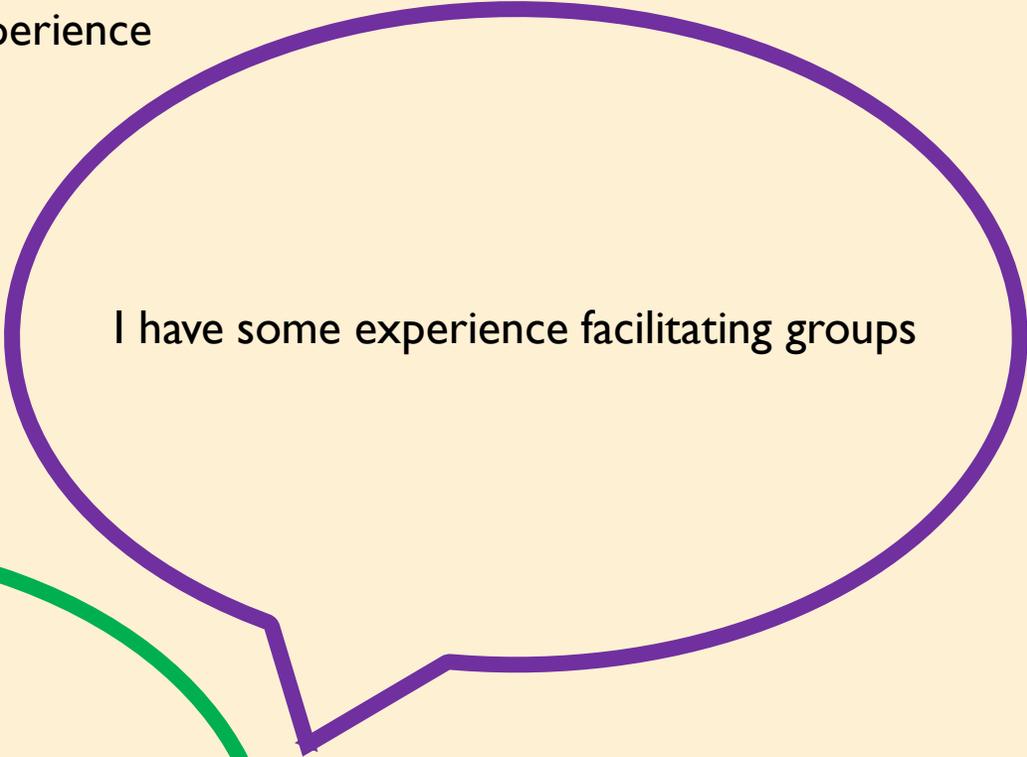
Navigation menu: Home, Bridge Closure, Travel Strategies, Marine Traffic, News, **SAQs**, Library, Contact Us

Using the annotate/text feature (or chat) type one word about how you're feeling this afternoon

Use the stamp tool to share your experience



I am an experienced facilitator



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?

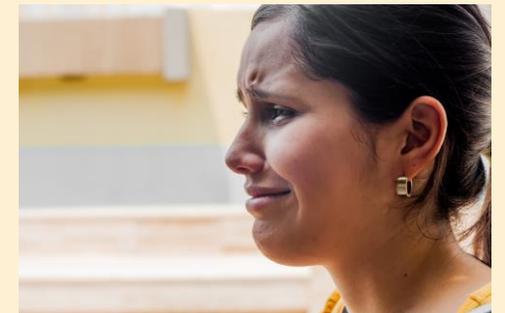
- Acknowledge
- Validate/normalize
- Stretch breaks
- Grounding/breathing techniques



How might guilt/low self-esteem show up in a group setting?

How can we navigate this response?

- Acknowledge
- Validate/normalize
- Reframing

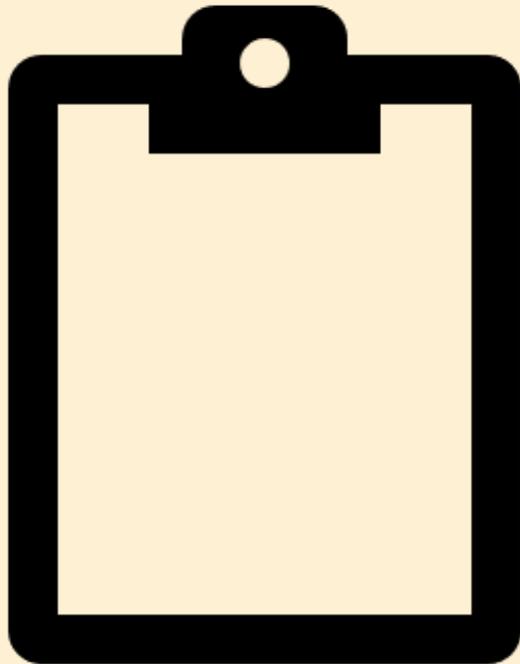


Intakes

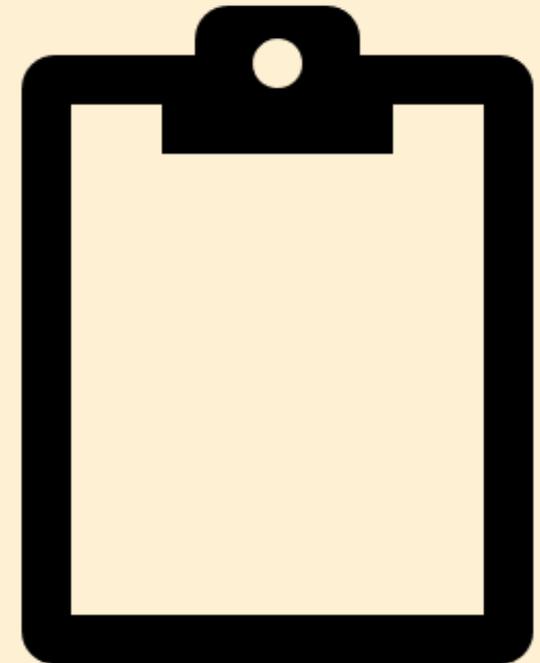


Please put a stamp on the clipboard which describes your team's use of intakes for support group

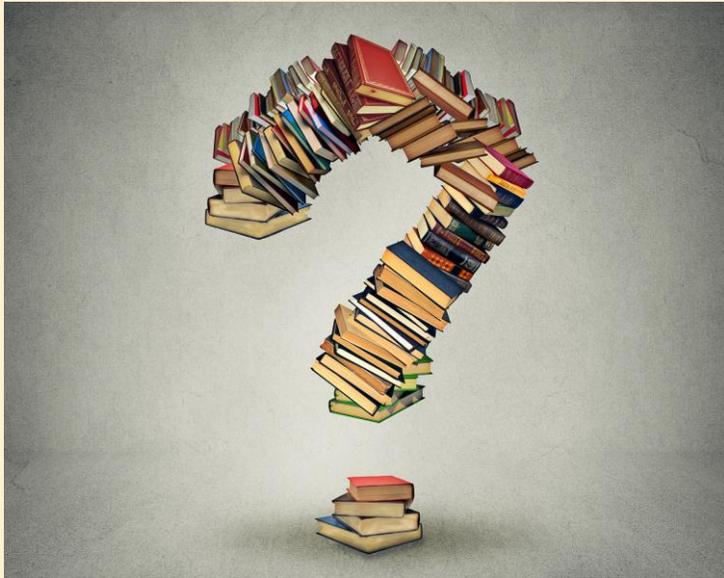
We do support group intakes



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

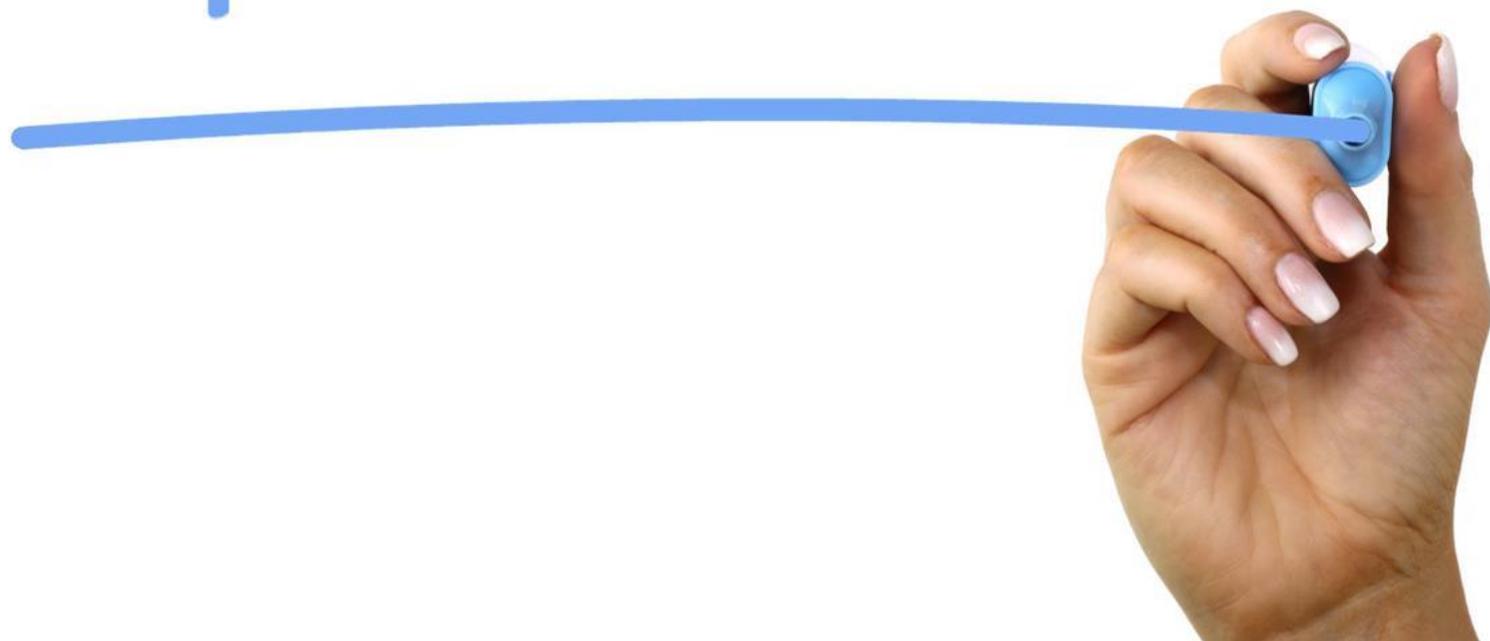
Why, what, and how do you ask?

- 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.



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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



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