

Acknowledgement Can Lead To Healing: (trigger warning*)

Special Consideration for Intimate Partner Violence & Sexual Assault

By: Nancy Sandoval-Morton, LCSW

Level: Beginner

Length: 16 minutes

Materials: handout

Session Description: This session will cover psycho-educational material on intimate partner violence (IPV) & Sexual Assault as well as tools and resources that both survivors and supporters can use.

Resources:

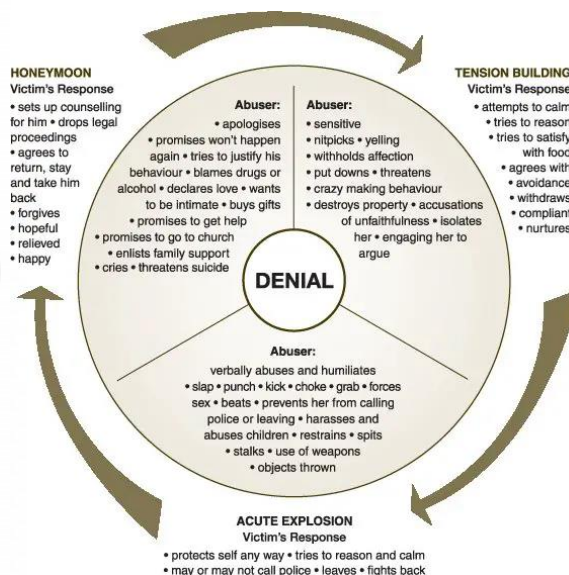
 <p>NATIONAL SEXUAL ASSAULT HOTLINE</p> <p>RAINN 1-800-656-4673</p>	 <p>NATIONAL DOMESTIC VIOLENCE HOTLINE</p> <p>The Hotline 1-800-799-7233</p>	 <p>LOCAL ANTI-VIOLENCE SERVICES</p> <ul style="list-style-type: none"> Family Justice Center: https://www.cocofamilyjustice.org STAND! For Families Free of Violence: https://www.standffov.org 	 <p>LOCAL SA SERVICE</p> <p>Community Violence Solution 1-800-670-7273 or Text "CVS" to 20121 https://cvsolutions.org</p>	 <p>LOCAL IPV SERVICES</p> <p>Narika 1-800-215-7308 https://www.narika.org</p>
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Power & Control Wheel:



Learn more here: [Link](#)

The Cycle of Violence:



Learn more here: [Link](#)

Resources and Education related to Sexual Assault:

<https://www.rainn.org/types-sexual-violence>

<https://www.soteriasolutions.org/workplace>

Response:

HOW TO HELP



EMPATHY

- Actively listen
- Validate and normalize feelings
- No Victim blaming
- Believe: acknowledge courage
- Reassurance
- Non-judgmental



RESOURCES

- Safety planning
- Legal or housing resources
- Safety concerns



AUTONOMY

- Confidentiality
- Information & resources without pressure
- Patience
- Reiterate professional help

Self-Soothing Exercises:

Focus on the Breath	Focus on a part of the Body	Sensory Grounding	Try to Pause the Mind
Take a deep breath, make sure your diaphragm is rising as you inhale through your nose and falling as you exhale through your mouth.	Choose one part of your body that feels the most comfortable. Try to notice the sensations or the temperature in that part of the body.	Use one or multiple senses. Choose something that you can see, hear, smell, touch or taste that can bring you peace or calmness. Focus on the texture, shape or color of this object.	Take a moment of pause, however short. Using mindfulness, acknowledge that your mind has wandered and gently, without judgement, bring it back to the task or activity you were doing.