



A LIFETIME Campaign

Stop Violence Against Women

Resource Guide

Lifetime's Emmy award-winning Stop Violence Against Women Public Affairs campaign brings together leading advocacy organizations, women directly affected by violence and political leaders to place a national spotlight on ending the vast problems of domestic violence, harassment and sexual assault.

Visit mylifetime.com/stopviolenceagainstwomen to find resources from partner organizations and learn more.

Resources and Tips for those who have experienced trauma

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Traumatic experiences and victimization can create thoughts, feelings and experiences that are different person to person. The impact and intensity can be based on upbringing, point of view, past experiences, ability to cope, the meaning behind the event, the severity of the experience or experiences and more.

While there can be individual differences between people, here are some of the most common issues connected with a traumatic experience and some ways to help:

Helplessness and/or hopelessness - feeling helpless or hopeless can be very common after trauma. It is perfectly normal to find yourself worrying that you will never feel

good again or that you will be in a negative emotional state you cannot repair. Whether you have experienced something like this before or not, you may feel like you don't have the coping skills or abilities to get through this experience. This state of mind can lead to feelings of hopelessness and helplessness.

If you find this happening: remind yourself of a time in the past that you have been able to get through something difficult. Reach out to resources that can help you deal with areas you are struggling with. Professional counselors, hotlines, online and face-to-face support groups can all be valuable resources.

Emotional shut down - feelings of being numb, emotionally blocked and unable to access or express feelings are all common. Some people describe this experience as feeling like a robot, going through the motions of life.

If you find this happening: take time out in a safe place to allow yourself to access your feelings and to uncover the reasons why you have shut down. If the emotional numbness is severe and/or it has been going on for a long time and you cannot break through the emotional wall, seek the help of a counselor who specializes in this area.

Self-hatred, self-blame and guilt - this phase leaves one feeling like what happened was their fault or that they contributed to what happened. I call it the "should have, could have, would have" stage, where a person replays the trauma to try to see if they could have done something differently. Getting stuck in this process can be emotionally damaging, because often times it ends up with the person

beating themselves up when they should be comforting themselves instead.

If you find this happening: Tell yourself that this is a common occurrence after a traumatic experience, and do your best to nurture and comfort yourself instead of scrutinizing and blaming yourself. Remind yourself that the victim is never at fault. Connect to supportive individuals who understand what you have been through so that they can help you through this difficult emotional state.

Emotional instability or mood swings - after a traumatic experience, it is very common to feel as if you are on a rollercoaster of emotions. Emotions might include anger, depression, fear, sadness, pain and more. These changes in emotion might happen regularly or infrequently, and they might vary in intensity. It is important to know that you can be in a positive emotional state and suddenly be triggered into a negative emotional state.

If you find this happening: remind yourself that this is a common occurrence after trauma. Even if you have moments of feeling that your emotions are out of control, this does not mean that you are out of control or that you have suddenly become unstable or mentally ill. Seek help from professional counselor. The more support you get and the more time you take to process through what happened and how you feel, the more quickly you will begin to feel more emotionally balanced and grounded.

Isolation and loneliness - after a traumatic experience, it is common to want to retreat, isolate and do things like burying your head under the covers. This desire can be magnified if you feel like no one understands what you have been through, or if you have a tendency to retreat during difficult times. While it is completely fine to do this for brief moment in time, if you find yourself doing it on a regular basis it can be a concern, as it leads to greater loneliness and feelings of isolation.

If you find this happening: Force yourself out of isolation and into connecting with others. Reach out to your support system and seek professional help.

Important Reminders for Anyone Who Has Experienced Trauma

It is normal to have extreme emotional reactions and to feel as if you cannot cope.

Have patience with yourself and the healing process.

Reflect back on ways you have successfully handled difficult situations in the past, and see if any of those skills can help you through this experience.

It is important to know that emotional injuries can often last much longer than physical ones. Plan for time to deal with the emotions of what you have been through.

Make sure you are taking care of yourself emotionally, physically and spiritually. This includes making sure you have appropriate amounts of sleep, food and water. Take time to nurture yourself with things that give you comfort and a sense of positive well-being.

If your physical environment is impacting your sense of emotional well-being or safety, make a temporary or permanent change.

Lean on your support system. Seek out people that you consider being trustworthy, safe and nonjudgmental.

Get to know your triggers so that you can process them and avoid them when at all possible.

If you are experiencing flashbacks, a startle response, nightmares or find you are avoiding people, places and/or situations, seek professional help.

If you find you are acting out or if you're abusing drugs and alcohol, seek professional help.

If you had a previous relationship with the perpetrator, whether romantic, familial or professional, there may be additional ripple effects emotionally and logistically. Make sure you do all that you can to make sure you are taking care of yourself under those circumstances - meeting your physical and emotional needs. If the situation is hard to untangle get appropriate professional help, such as contacting Human Resources, legal guidance, psychological or religious counseling, etc.

No matter what anyone else says, you DID NOT cause the perpetrator to behave the way s/he did. You are in control of your behavior, and s/he is in control of theirs. That person made a conscious decision to act as he s/he did.

Seek out happy and joyful experiences. While it is important to make time for our pain, it is also important to allow time to be free from it. Make an effort to be around people who make you smile and laugh, and to do things that you enjoy.

Resources from Partner Organizations

me too.

<https://metoomvmt.org/>

RAINN (Rape, Abuse and Incest National Network)

National Sexual Assault Hotline 800-656-4673

<https://www.rainn.org/get-help>

National Domestic Violence Hotline (800-799-7233)

<https://www.thehotline.org>

Black Women's Blueprint

Email to be referred to a counselor/support near you: counseling@blueprint-ny.org

<https://www.blackwomensblueprint.org/>

Color of Change

<https://colorofchange.org/>

Girls for Gender Equity

<https://www.ggenyc.org/>

RISE

<http://www.risenow.us/>

Biden Foundation

<https://bidenfoundation.org/>

It's On Us

<https://www.itsonus.org/>

National Coalition Against Domestic Violence

<https://www.mylifetime.com/stop-violence-against-women>

Joyful Heart Foundation

<http://www.joyfulheartfoundation.org/>

Crime Victims Treatment Center

<https://www.cvtcnyc.org/>

No More

<https://nomore.org/>

DEFINING SEXUAL HARRASSMENT

View this definition from Girls for Gender Equity

<https://www.ggenyc.org/about/education/what-is-sexual-harassment/>

SUPPORTING OTHERS

Resources for talking to those who have experienced sexual violence from RAINN:

<https://www.rainn.org/after-sexual-assault>

HEALING RESOURCES

Find Healing Resources from the 'me too.' Movement:

<https://metoomvmt.org/healing-resources-library/>

SIX STEPS TO SUPPORT A SURVIVOR:

<http://www.joyfulheartfoundation.org/6-steps-to-support-a-survivor>

WHAT IS ABUSE?

<https://www.thehotline.org/is-this-abuse/>

CAMPUS ORGANIZING TOOLKIT FROM IT'S ON US

https://www.itsonus.org/wp-content/uploads/2018/08/IOU_CampaignOrganizingTools_FINAL_7.27.pdf

Find additional tools from the Black Women's Blueprint:

<https://www.blackwomensblueprint.org/how-we-work>

