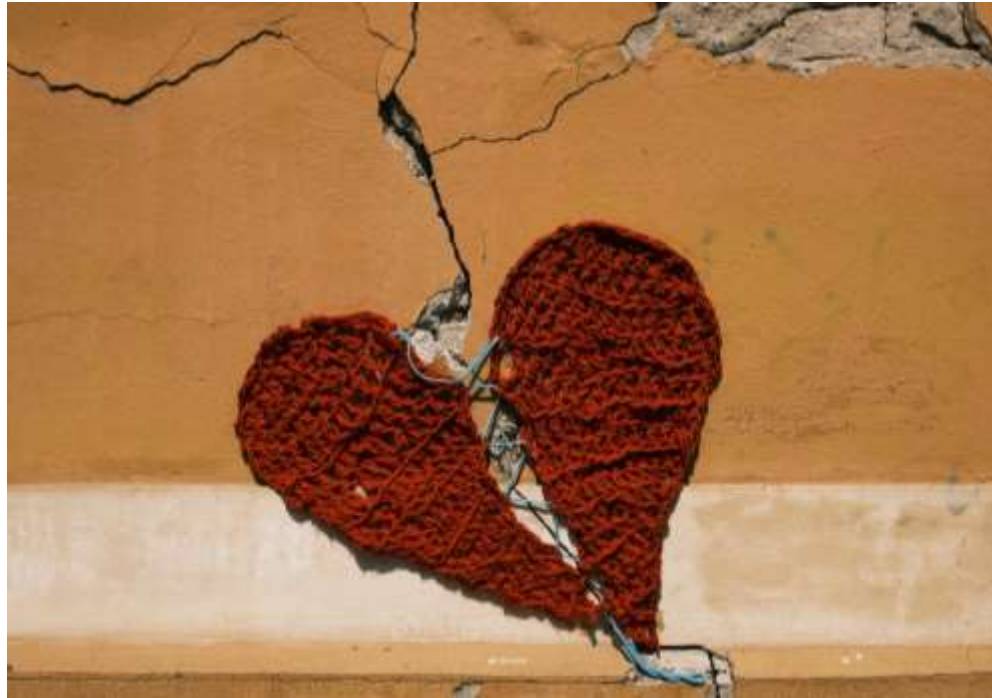


Healing centered engagement



HELIOS RECOVERY SERVICES



Helios Recovery Services ignites and supports leaders to help create healthy, responsible, thriving individuals and communities. We do this through training, consulting, and advocacy that focuses on five core elements: Servant Leadership, Cultural Humility, Emotional Intelligence, Mindfulness, and Healing Centered Engagement.

www.heliosrecovery.com



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takeaways

1. Understand key differences between a healing centered & trauma informed approaches.
2. Three ways to improve strategies and outcomes using Healing centered Engagement.



Creating a courageous space

- A courageous space encourages dialogue.
- Recognizing difference and holding each person accountable to do the work of sharing experiences and coming to new understandings
- **A FEAT THAT'S OFTEN HARD, AND TYPICALLY UNCOMFORTABLE.**
- What else do you need?



KEY TERM

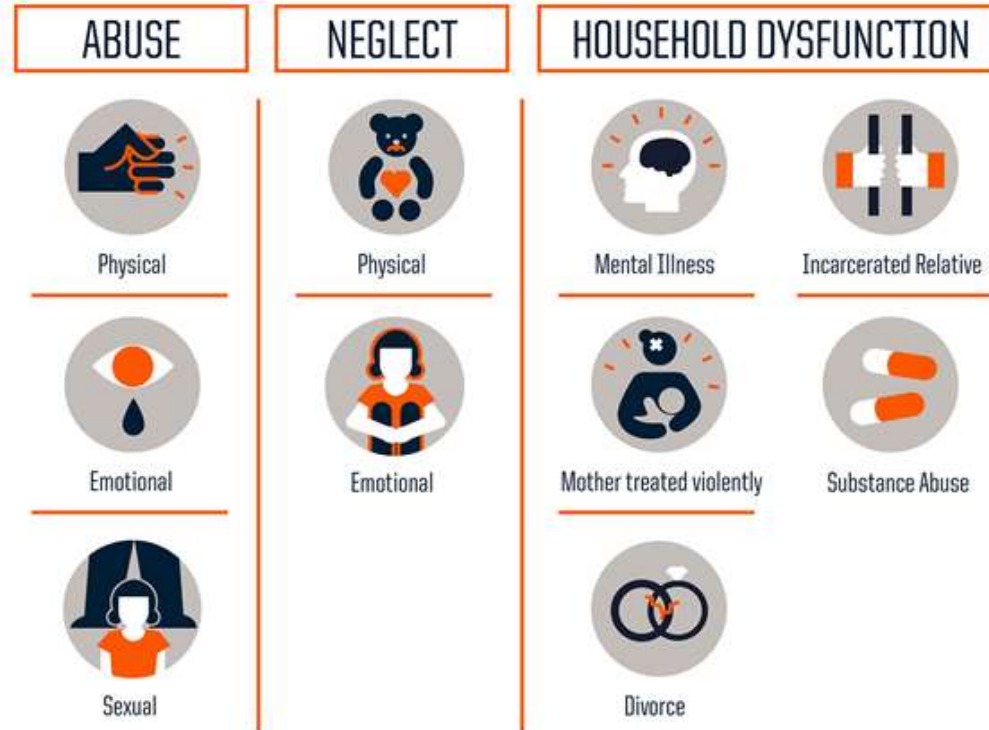
TRAUMA INFORMED CARE

Who is familiar with trauma informed care?

Are peers and coach's trauma informed?

How do you know?

TRAUMA INFORMED CARE



Trauma informed care

5 components of trauma informed care



1. SAFETY
2. CHOICE
3. COLLABORATION
4. TRUSTWORTHINESS
5. EMPOWERMENT



TRAUMA ABSENCES



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- FAILURE TO PROTECT
- FAILURE ATTUNE
- FAILURE CHOOSE
- FAILURE STAY

Failure to protect



HELIOS

MESSAGES & THEME:

"I DON'T DESERVE TO BE SAFE OR TAKEN CARE OF"

"I HAVE TO HANDLE DANGER ON MY OWN"

SELF NEGLECT / SELF DEFENSE

Failure to attune



HELIOS

MESSAGES & THEME:

"I PRETEND TO BE SOMEONE SO YOU LIKE ME"

"I DON'T LET MYSELF FEEL MY NEEDS"

THE FALSE SELF

Failure to choose



HELIOS

MESSAGES & THEME:

"I AM UNWORTHY"

"I AM LESS IMPORTANT THAN WHAT YOU HAVE CHOSEN"

SELF DOUBT

Failure to Stay



HELIOS

MESSAGES & THEME:

"I AM NOT ENOUGH"

"I WASN'T WORTH STICKING AROUND FOR"

SELF ABANDONMENT



“IF YOU HAVE COME HERE TO HELP ME YOU ARE
wasting your time, but if you have come because
your liberation is bound up with mine, then I et
US WORK TOGETHER.” Lillia Watson

HEALING CENTERED ENGAGEMENT

THE FUTURE OF HEALING: SHIFTING FROM TRAUMA INFORMED CARE TO HEALING
CENTERED ENGAGEMENT

Medium – 5/31/2018

• **SHAWN GINWRIGHT PH.D.**



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HEALING CENTERED ENGAGEMENT

TRAUMA INFORMED CARE OFFERS AN IMPORTANT LENS TO SUPPORT PEOPLE WHO HAVE BEEN HARMED AND EMOTIONALLY INJURED, IT ALSO HAS ITS LIMITATIONS.

CURRENT FORMULATIONS OF TRAUMA INFORMED CARE PRESUMES THE TRAUMA IS AN INDIVIDUAL EXPERIENCE, RATHER THAN A COLLECTIVE ONE.



HEALING CENTERED ENGAGEMENT



TRAUMA INFORMED CARE REQUIRES THAT WE TREAT TRAUMA IN PEOPLE BUT PROVIDES VERY LITTLE INSIGHT INTO HOW WE MIGHT ADDRESS THE ROOT CAUSES OF TRAUMA IN NEIGHBORHOODS, FAMILIES, AND SCHOOLS.

HEALING CENTERED ENGAGEMENT



THE TERM TRAUMA INFORMED CARE RUNS THE RISK OF FOCUSING ON THE TREATMENT OF PATHOLOGY (TRAUMA), RATHER THAN FOSTERING THE POSSIBILITY (WELL-BEING).

Where have we heard this before?

HEALING CENTERED ENGAGEMENT

THE ABSENCE OF DISEASE DOESN'T CONSTITUTE HEALTH,

THE ABSENCE OF VIOLENCE DOESN'T CONSTITUTE PEACE,

THE REDUCTION OF PATHOLOGY DOESN'T CONSTITUTE WELL-BEING

What does this mean to you?



HEALING CENTERED ENGAGEMENT



HEALING CENTERED ENGAGEMENT EXPANDS HOW WE THINK ABOUT RESPONSES TO TRAUMA AND OFFERS MORE HOLISTIC APPROACH TO FOSTERING WELL-BEING INVOLVING CULTURE, SPIRITUALITY, CIVIC ACTION, AND COLLECTIVE HEALING.

HEALING CENTERED ENGAGEMENT



A HEALING CENTERED APPROACH: VIEWS TRAUMA NOT SIMPLY AS AN INDIVIDUAL ISOLATED EXPERIENCE, BUT RATHER HIGHLIGHTS THE WAYS IN WHICH TRAUMA AND HEALING ARE EXPERIENCED COLLECTIVELY.

HEALING CENTERED ENGAGEMENT

A HEALING CENTERED APPROACH: REQUIRES A DIFFERENT QUESTION THAT MOVES

BEYOND “WHAT HAPPENED TO YOU” TO “WHAT’S RIGHT WITH YOU”



HELIOS

VIEWS THOSE EXPOSED TO TRAUMA AS AGENTS IN THE CREATION OF THEIR OWN WELL-BEING RATHER THAN VICTIMS OF TRAUMATIC EVENTS.

HEALING CENTERED ENGAGEMENT

A HEALING CENTERED APPROACH COMES FROM THE IDEA THAT PEOPLE ARE NOT HARMED IN A VACUUM & WELL-BEING COMES FROM PARTICIPATING IN TRANSFORMING THE ROOT CAUSES OF THE HARM WITHIN INSTITUTIONS.



HEALING CENTERED ENGAGEMENT



HELIOS

Four key elements of healing centered engagement.

- Explicitly political, rather than clinical.
- Culturally grounded and views healing as the restoration of identity.
- Asset driven and focuses well-being we want, rather than symptoms we want to suppress.
- Supports providers with their own healing.

HEALING CENTERED ENGAGEMENT



EXPLICITLY POLITICAL, RATHER THAN CLINICAL.

- COMMUNITIES, AND INDIVIDUALS WHO EXPERIENCE TRAUMA ARE AGENTS IN RESTORING THEIR OWN WELL-BEING.
- HEALING IS FOUND IN AN AWARENESS AND ACTIONS THAT ADDRESS THE CONDITIONS THAT CREATED THE TRAUMA IN THE FIRST PLACE.

HEALING CENTERED ENGAGEMENT



HELIOS

CULTURALLY GROUNDED

- CULTURE OFFERS A SHARED EXPERIENCE, COMMUNITY AND SENSE OF BELONGING.
- HEALING IS EXPERIENCED COLLECTIVELY
- SHAPED BY SHARED Identities SUCH AS RACE, GENDER, SEXUAL ORIENTATION.
- HEALING CENTERED ENGAGEMENT IS THE RESULT OF BUILDING A HEALTHY IDENTITY, AND A SENSE OF BELONGING.

HEALING CENTERED ENGAGEMENT



ASSET DRIVEN

- FOCUSES WELL-BEING WE WANT, RATHER THAN SYMPTOMS WE WANT TO SUPPRESS.
- AN ASSET DRIVEN STRATEGY ACKNOWLEDGES THAT PEOPLE ARE MUCH MORE THAN THE WORST THING THAT HAPPENED TO THEM
- BUILDS UPON THEIR EXPERIENCES, KNOWLEDGE, SKILLS AND CURIOSITY AS POSITIVE TRAITS TO BE ENHANCED.

HEALING CENTERED ENGAGEMENT



SUPPORTS PROVIDERS WITH THEIR OWN HEALING.

- HEALING IS ONGOING PROCESS THAT WE ALL NEED.
- SUPPORTS THE WELL-BEING OF THE PROVIDER, ALSO IS A CRITICAL FACTOR IN **SUPPORTING PEOPLES' WELL-BEING.**



“SOCIAL CHANGE IS A MILLION
individual acts of kindness.
Cultural change is a million
SUBVERSIVE ACTS OF RESISTANCE.”

- Mary Pipher



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