



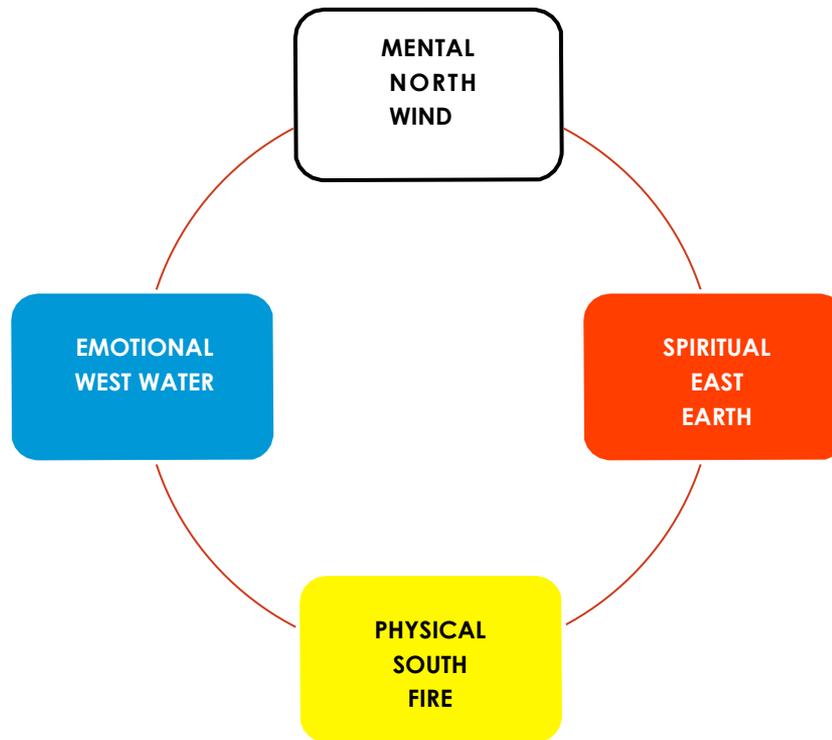
# Safety Planning for Domestic Violence Using the Medicine Bundle

PRESENTED BY CORINNE STONE, MBA, AFOT  
BLUE SAGE CONSULTING

# Opening

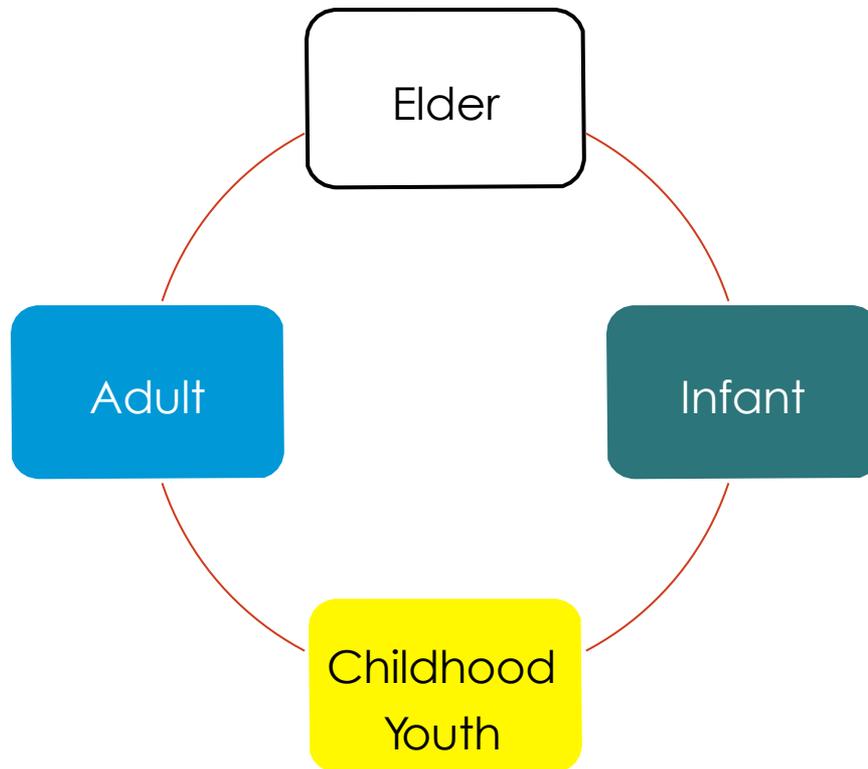
- ▶▶ Introduction
- ▶▶ Smudge Ceremony
- ▶▶ Teachings of the Medicine Bundle
- ▶▶ History of the Residential School and its Impacts
- ▶▶ Healing

# Medicine wheel



Balance and Harmony

# Cycle of life



# Definition of Abuse

- ▶ Interpersonal abuse refers to the physical abuse of woman by her male partner/ spouse and the creation of an environment within the relationship which fosters fear and intimidation.
- ▶ In today's world this can also include abuse of a male by his female partner
- ▶ It is important to name it in order to heal it and to recognize the many forms of abuse including mental, emotional, physical, psychological, sexual. The bundle will help.

# Healing

There is seven ways that we physically heal

- ▶▶ Talking
- ▶▶ Crying
- ▶▶ Mucus
- ▶▶ Sweat
- ▶▶ Vomit
- ▶▶ Screaming or Singing
- ▶▶ Laughter

Our Ceremonies and Rituals help us to heal

The person needs to know-They do not have to take these steps alone. They should know that . . .

### **It's not your fault**

- ▶▶ Often, victims of violence feel that they have done something to cause the abuse. However, it is never your fault if someone abuses you.

### **There are people who care**

- ▶▶ Find your allies – you have family members, relatives, friends and service providers who can help you if you are experiencing abuse. Even if you feel alone, know that you are not – and that people are ready to help you.

# Crisis intervention

- ▶▶ The information in the bundle can be shared with individuals or families coping with abuse and its related affects.
- ▶▶ The Medicine bundle offers information on recognizing abuse, safety planning for women and their children, and resources for getting help in a crisis.
- ▶▶ It encourages friends, neighbours and service providers who know people experiencing abuse to adopt an “I believe you” attitude that NEVER blames the victim, yet reaches out to everyone to join Our Healing Path, including the abuser.
- ▶▶ Knowing what to do in a crisis and what to expect if you seek help can make the journey less frightening.

# INDIVIDUAL HEALING

- ▶▶ Love should make you feel happy, confident, secure and safe. Love should never hurt. Love should not make you feel sad, angry, sick, afraid, guilty, or worthless. If this is how your relationship makes you feel, then you need to take a closer look at what you are experiencing. The first step to healing the harm caused by relationship violence starts with YOU.
- ▶▶ Believe the person
- ▶▶ Support and help them connect with resources, ceremonies and healing

## Judith Herman- Trauma

“Psychological trauma is an affliction of the powerless. When the force is that of nature we speak of disasters. When the force is that of other human beings, we speak of atrocities. Traumatic events overwhelm the ordinary systems of care that give people a sense of control, connection, and meaning.”♪

# Primary Trauma

- **Serious threat to physical integrity of one's self or others**
- **Experience involves fear, helplessness, or horror**

# Trauma Reactions

- Fight♪
- Flight♪
- Freeze♪
- Take Cover / Seek Protection♪
- Give Up / Check Out

# PTSD

- Not a “Disorder”
- Physiological Injury
- Involuntary
- Not a moral failing
- Changes brain, hormones, body
- Changes emotions, beliefs, behaviours, relationships
- Changes in worldview, spirituality
- Affects our ability make meaning

# PTSD Symptoms

- Numbing
- Avoidance
- Hyper-arousal
- Re-experiencing
- Results in disconnection from Self, Others, Divine
- Not only consequence / diagnosis after trauma

# Resilience

- Social Support
- Organizational Support
- Professional Support
- Exercise
- Sleep
- Meaning Making
- Compassion Satisfaction
- Mindfulness
- Adaptability
- Optimism

The person needs to know-they do not have to take these steps alone. They should know that...

**All abusive behaviour is not appropriate ...it is against the law**

- ▶▶ Get the protection they need for them and their children. If necessary, call on the appropriate authorities and people for help.

**It's okay to reach out for help**

- ▶▶ Dealing with abuse is confusing and sometimes they feel ashamed when they are dealing with this type of situation. It is difficult and reaching out for help is the first step to changing their situation. It is not a sign of weakness to ask for help. Be there

THANK YOU

Corinne Stone, MBA, AFOT  
Blue Sage Consulting