

Moving Ahead Positively | MAP Model

Trauma-Informed Culturally-Specific Models:

A Training Series sponsored by Asian Pacific Institute on Gender-Based Violence

MAP Model: Presented by **Womankind**
March 28 2017



Moving Ahead Positively (MAP)

Who we are and what we do



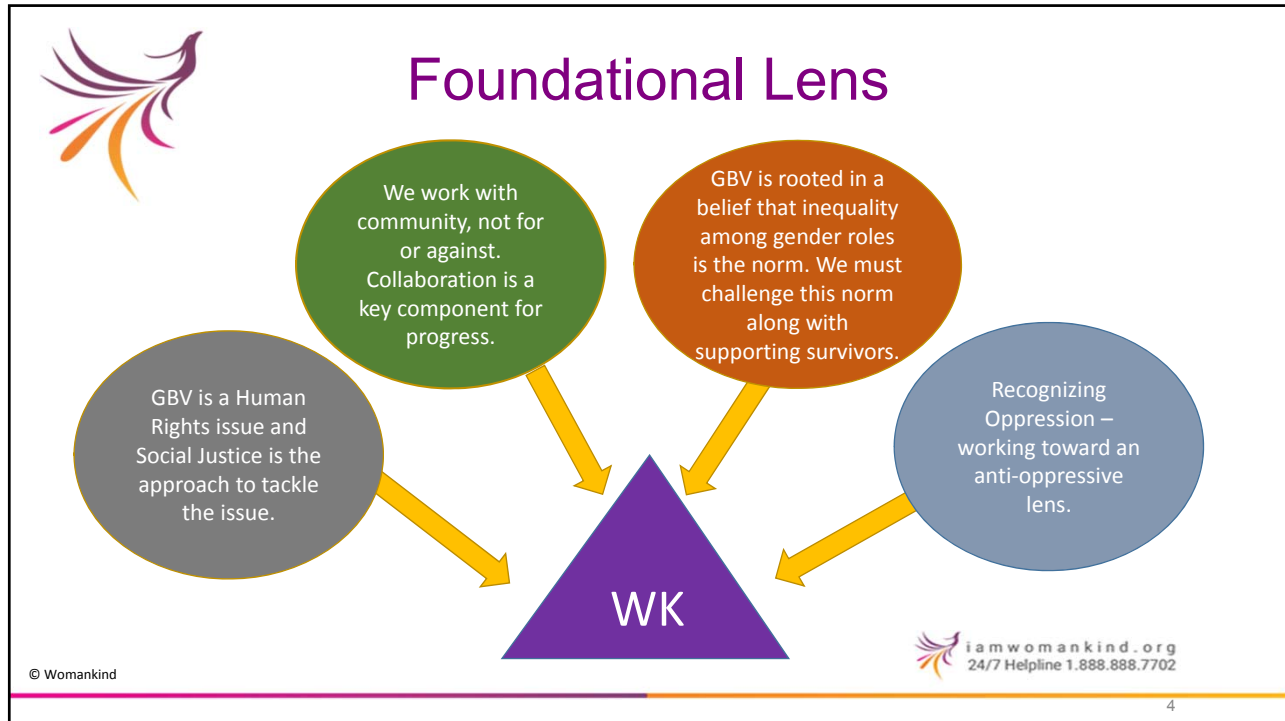
Agenda

- ❖ Introduction to Womankind
- ❖ Programs and Services
- ❖ MAP Overview
- ❖ Questions



Womankind's Mission and Vision

Womankind works with survivors of gender-based violence to rise above trauma and build a path to healing. We bring critical resources and deep cultural competency to help Asian communities find refuge, recovery and renewal.





Model of Practice Moving Ahead Positively

To help survivors transcend beyond trauma, on an individualized path to healing.

- ❖ Gain greater internal harmony
- ❖ Develop a renewed sense of belonging

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Meet Zara



Zara is a 35 y.o. mother of 3. She has requested services as she is having a difficult time coping after experiencing, what she calls, troubles in her life. She feels that on a regular basis she is short changing her children, stating that she cannot focus on their care. Zara is currently employed part-time so that she can also provide care for her children. She enjoys the fast pace of her job in the restaurant business. She is a host, and loves interacting with people. Lately though, she has voiced having a strong feeling of wanting to hide both physically and emotionally from the world. She is reliving her past everyday. She illustrated a time when she saw a couple on the train expressing their love for each other. She had flashbacks to the good times, but then immediately remembers the hitting, the yelling and ways that her body has been, in her words "taken," from her. She relives her times with her family where she was raised to believe this is just how it is and you can find ways to cope. She remembers her mother's advice to her: please think about your actions, you owe this to the family. Zara says she is tired all the time; she wants to go back to being that lively person that was so involved in the world and the people around her. She says that it is all too much right now, and I want to hide

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The MAP Journey.....

- ❖ Transcending trauma is a journey
- ❖ The journey will be a complex one full of progress and setbacks
- ❖ The path that services take is determined by the survivor
- ❖ An advocate is a constant presence in the life of the survivor as they partake in their respective healing journey



Therapeutic Environment

The survivors' relationship with the advocate and others is a key component to healing.

Development and continuance of a caring, empathetic, trust-building, and supportive counseling relationship with survivors is a constant goal.

Physical space is a crucial foundation to establishing a therapeutic environment, as it sets a tone for what comfort looks like for both the survivor and the advocate.



Relational Theory

This model ascribes to the relational theory with the belief that a survivor who feels supported, cared for, and empowered in dyadic interactions with the advocates may experience a “positive shift in cognition, emotion, sense of self and others and defenses.” (Chung, 2013)

This is particularly important for survivors who have been marginalized and oppressed by society, because if an egalitarian relationship is not established, it can interfere with building trust.

Power dynamics will exist within the relationships. As we recognize this, we will work towards creating a dynamic of increasing parity.

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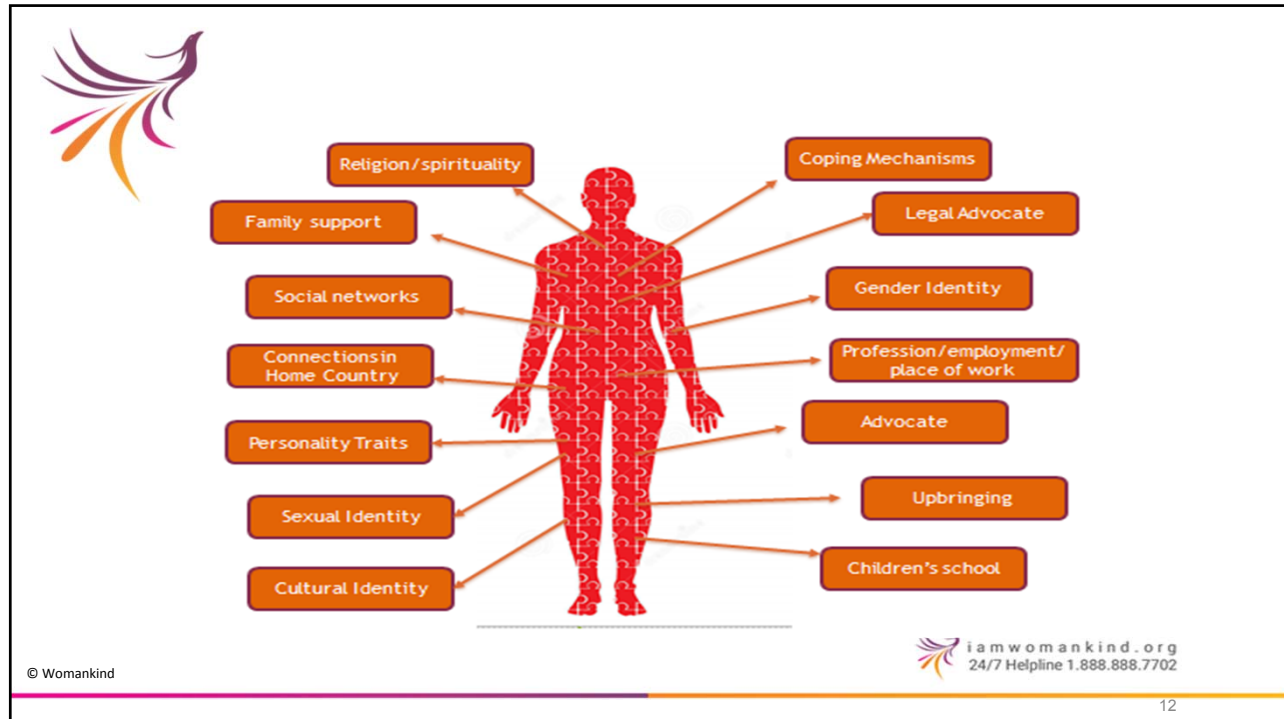
Cultural Nuances Integrated within MAP

- ❖ “We-Self” Familial/Filial Piety
- ❖ High Context Communication
- ❖ Value of an interdependent self; heightened sense of others
- ❖ Use of somatic lexicons to indicate distress or well-being
- ❖ Lack of language surrounding trauma

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SAFETY FIRST



Rationale/Context:	What the work could look like:
<ul style="list-style-type: none"> Survivors of violence encounter living and social environments that pose a threat to their physical and emotional well-being. Engagement in work is difficult when safety is not established. Leaving an environment that is abusive is also the leaving of a connection and bond with a community, which create a sense of isolation and fear. Sense of safety also encompasses safety in their own body. Safety doesn't always mean leaving the abusive home. 	<ul style="list-style-type: none"> Advocates assess current emotional and physical safety component utilized by survivors. Advocates develop individualized plans that are catered to specific nuances of the survivors. Advocates engage in constant check ins to assess how the survivors are doing emotionally and physically as the work continues.

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BUILDING TRUST AND HEALTHY RELATIONSHIPS



Rationale/Context:	What the work could look like:
<ul style="list-style-type: none"> Survivors lose trust that they may have previously had in perpetrators of violence, in family, in communities, and in institutions that should have offered protection. The breach of trust splinters the sense of connection between the individual and others. Traumatic events result in a breach of trust that splinters a sense of connection between the individual and others. The foundation for helping survivors progress towards healing is found in the relationships between them and their advocates. 	<ul style="list-style-type: none"> Advocates engender trust and bonding with survivors. Advocates utilize skills of active listening, praise, and support for self-determination to establish an authentic connection with survivors. Advocates engage in work with blurred boundaries.

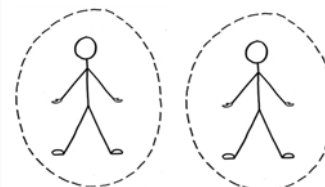


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PERMEABLE/BLURRED BOUNDARIES

Rationale/Context:	What the work could look like:
<ul style="list-style-type: none"> To engage and connect with survivors at various ages and situations, it is essential for advocates to understand and respect survivors' boundaries as well as the nuances of culture and the power differential between the 'helper' and the 'helped'. Survivors may want to break some boundaries that are traditionally seen as rigid/impermeable in order to establish parity within the relationship. We are working with communities where advocates are seen as experts and have all the answers to presenting issues. 	<ul style="list-style-type: none"> Advocates seek to establish a middle ground. Advocates will work to maintain open dialogue with survivors about boundaries, while adjusting their own boundaries with the survivors in meaningful ways. Sharing and receiving of personal information is an important part of building trust and establishing rapport. Advice giving is an option to support survivors' comprehension and negotiation of decision making.



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CULTURAL HUMILITY

Rationale/Context:	What the work could look like:
<ul style="list-style-type: none"> Culture plays a significant role in engagement and the development of working relationships. Strategies and interventions support, reinforce, train, strengthen, empower, inform, model, organize and provide feedback and reconnections for survivors. Training for advocates aims to equip them with knowledge and skills to provide support that is sensitive to survivors' cultural expectations, needs and wants. We understand culture in the broadest sense and believe that cultural sensitivity is not just exclusive to ethnicity. 	<ul style="list-style-type: none"> Survivors and advocates collaboratively develop service plans. Survivors make their own decisions regarding the services provided by Womankind and its partners. Meaningful explorations of the client's cultural identity occur as the relationship develops and informs intervention strategies.



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PATHWAYS TO RECOVERY



Rationale/Context:

- Each survivor has their own path to recovery and healing. Most wish to transcend trauma and put suffering behind them.
- The focus of the work is on the present and helping survivors to build for the future.

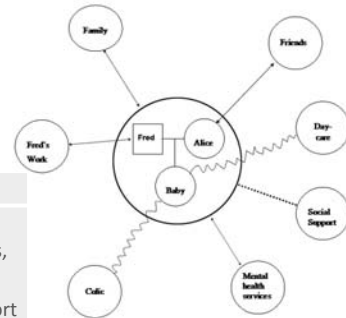
What the work could look like:

- Work depends on survivors' needs and preferences; this may include addressing immediate needs, participating in wellness activities, as well as fostering healthy relationships with fellow survivors and advocates.
- Engaging survivors in wellness, self-care and group experiences.
- Counseling relationship continues to focus on bonding and trust.
- Advocates honor survivors' unique processes of rising above their unique and exceptional traumatic experiences.

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VALUABLE CONNECTIONS



Rationale/Context:

- Engaging/developing community support is crucial in the establishment of support networks for the survivors.
- WK seeks to develop good working relationships and memoranda of agreement (MOA's) that enlist the support and cooperation of proven community resources, i.e., governmental benefits (food stamps, Medicaid), primary health care, immediate shelter, legal, housing, child care, etc. to help clients secure the services they need and want.

What the work could look like:

- A critical component in the restoration of trust in relationships, advocates enlist a variety of mainstream and community support networks and explore resources that match survivors' healing objectives.
- Advocates maintain communication with survivors about the progress and development of these relationships to support in the building of a sustainable relationship between survivors and the third parties.

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ADAPTABLE SERVICES

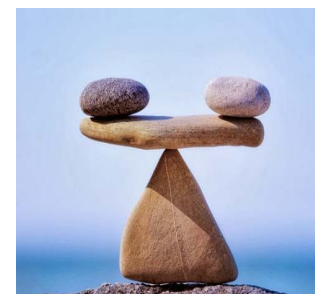


Rationale/Context:	What the work could look like:
<ul style="list-style-type: none"> • Maintaining flexibility about type and duration of sessions is crucial, as is the availability of additional sessions when survivors need more time to be ready to take meaningful action. • Alternatives to traditional talk sessions are also important in the healing journey. A full complement of culturally appropriate caring, healing and wellness activities provide support for survivors as individuals and with peers in group settings. • Survivors decide when they are comfortable participating in activities and service offerings. • Allows for a constant, reliable source of support. 	<ul style="list-style-type: none"> ➤ Advocates support survivors' individual decision-making. ➤ Advocates explore interest and desire to join wellness practices. ➤ Advocates recognize the survivors' environment/situation and adapt sessions to meet their needs. ➤ Adapting the type and length of services survivors may need is important within the healing journey.

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HOLISTIC WELLNESS PRACTICES AND INTERVENTIONS



Rationale/Context:	What the work could look like:
<ul style="list-style-type: none"> • Recognizing the importance of body-mind-spirit connection in healing trauma and cultivating self-awareness, a wide range of wellness activities is offered to survivors as standalone services or as elements in healing circles. • The body-mind-spirit connection in healing trauma applies as much to the advocates as it does to survivors. As such, these wellness practices are also offered to advocates. • Acupuncture, qi gong, yoga, mind-body work, acu-beads and magnets, and meditation and yogic breathing are available and practiced to support recovery, utilizing a cultural lens as reference. 	<ul style="list-style-type: none"> ➤ Advocates explore interest and desire to join wellness practices. ➤ Advocates offer orientation to the proven benefits of these practices to survivors to enhance their knowledge and understanding. ➤ Advocates provide accompaniment and support.

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COMMUNITY COLLABORATIONS AND COMMUNITY EDUCATION AND AWARENESS

Rationale/Context:

- Communities play a crucial role in preventing and intervening when violence occurs.
- The root causes of gender-based violence are so ingrained within our societies that subjugation, marginalization and oppression are normalized and systemic.
- To combat this, communities can be active responders and advocates when members perpetrate violence or experience victimization by challenging norms and systems that oppress.
- As communities, we can begin to mobilize in order to build awareness, offer support and educate future generations to prevent cycles of violence from reoccurring.

What the work could look like:

- Community workshops and presentations that deconstruct the stigma associated with trauma and abuse.
- Trainings for professionals to help them gain a better understanding of the issue areas.
- Engaging in different types of community events, such as tabling at a cultural festival, where the goal is just to form a connection.



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Questions?



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The Asian Pacific Institute can make additional training on the MAP Model available.

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