

# Part II - Applying Mind-Body-Spirit Practices within the Organizational Culture

Practicing Community Care for Staff and Indigenous Relatives

Presented by:

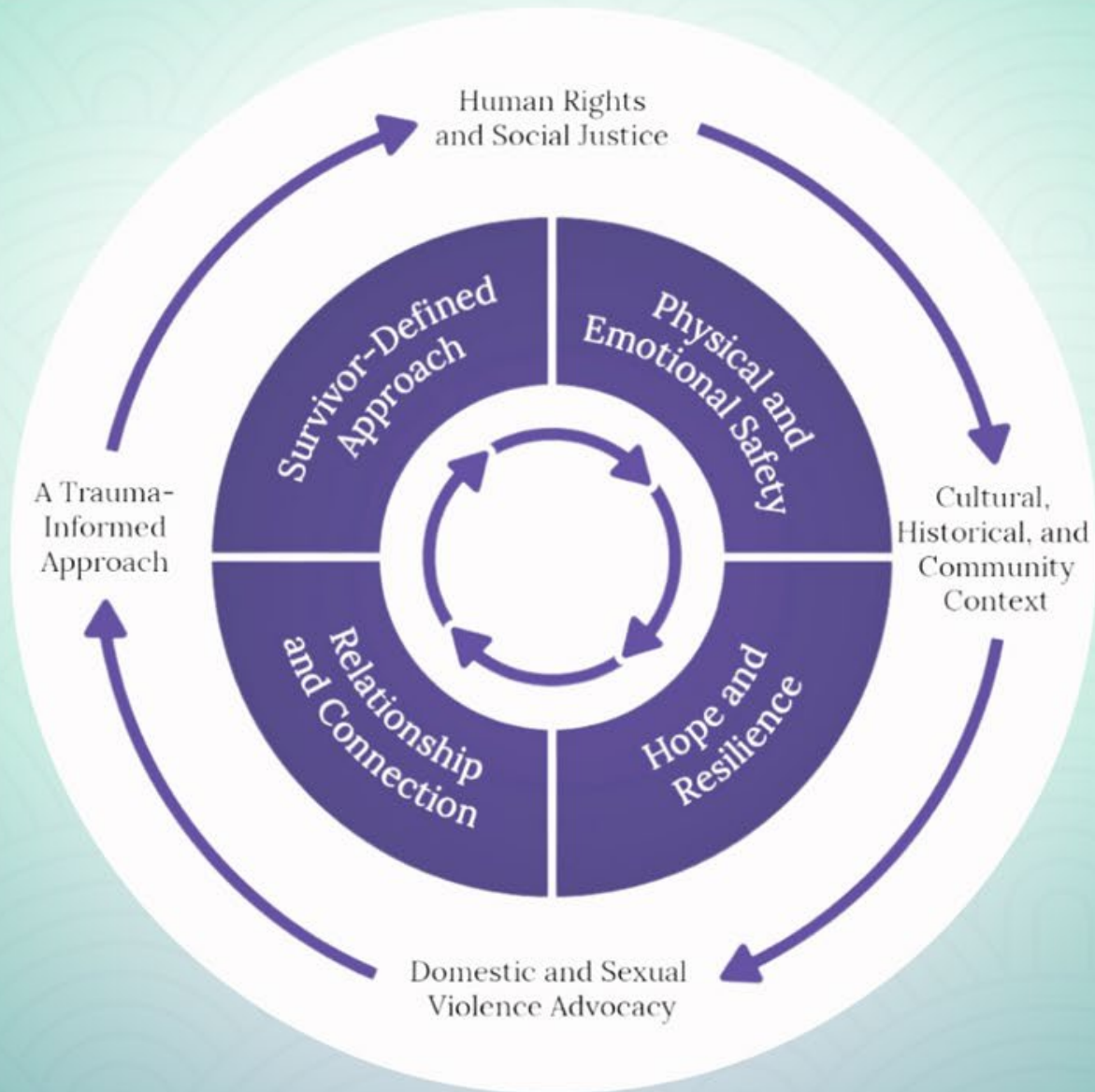
Tori Wynecoop (Spokane | Coeur D'Alene), MA, LSW

**Tori Wynecoop,**  
**LSW**

TTA Manager



# ACRTI Framework: Accessible, Culturally Responsive and Trauma-Informed





# Land Acknowledgment

# Us and Us

Caring for ourselves and for each other.

This presentation discusses:

Organizational trauma, secondary trauma, and burnout

This is a space that centers strengths, lived experiences, healing, and well-being.

*If at any point you need to take a break,  
we encourage you to take care of yourself and return when you are ready.*



# Inner Light Visualization



# Community Care

Staff are able to create a healing environment for survivors when organizations are able to create a healing environment for staff.



Transcend, 2020



# Mind-Body Spirit Practices

- | Self-care techniques for individuals and communities for healing and wellbeing
- | Calms the nervous system and reduces stress impacts
- | Helpful when words are insufficient
- | Generally reliable, but experiences may vary:
  - Different practices suit different people
  - Same practice may feel different at times
- | Find what works for you!



# Stories from the Field

## Iowa Coalition Against Domestic Violence:

- Dia De Los Muertos Tribute

“The Tribute serves as a healing space for those grieving and an opportunity to raise awareness about gender-based violence, striving to create communities where everyone feels safe and can thrive.”

- Lindsay Pingel, ICADV



# Potential Benefits of Mind-Body-Spirit Practices

- | Builds connection and community
- | Empowerment and choice in wellness
- | Different practices for different purposes
- | Supports trauma-informed care and trauma stewardship
  - Caring for ourselves while caring for others
- | Builds self-awareness

**What else?**



**How do you use  
mind-body-spirit  
practices?**



# Stories from the Field

## A survivor's perspective

“I didn't expect I'd feel good about it, having a coloring book... but it did feel good having something that is mine.

When I feel something building up, I can reach out to something like the self care box.

It's about knowing yourself. Something that might work for you today might not work tomorrow..... It's important to have choices.”



# Zentangle

Image by Brandon:  
<https://www.flickr.com/photos/34791259@N00/3114436954>



# Trauma-Informed: Self-Awareness and Reflection

- **Before Practice:**
  - How do I feel right now?
  - What do I need right now?
- **After Practice:**
  - How do I feel now?
  - Would I do anything different next time?
  - What did I like about this experience?
  - Who is someone I'd like to share this practice with? or who is someone that I'd like to talk about this practice with?

# Sharing with Others

- **Learning what helps:**
  - What tools, resources, and supports do you use to help you feel good, calm, relaxed, focused, grounded, clear-headed or safe?
  - Ask when someone is not in crisis!
- **What helps me might help you:**
  - Sometimes it helps me to \_\_\_\_\_ . Would you like to try this together?
    - Examples: Take a deep breath, draw how I'm feeling, stretch

# Emotional Support Planning



# Emotional Support Plan Activity

- Review together
- Then create your own, solo or with a partner

## Self-Directed Emotional Support Plan

### Identifying Feelings, Actions, and Supports

Tools, resources, and supports I use and things I do that help me feel good, calm, relaxed, focused, grounded, clear-headed, or safe:

Things I would like help with to manage exhaustion, worry, illness, headaches, stomach aches, distress, or overwhelm:

### Strategies for Feeling Better

What I might be feeling inside:

Ways that I can let someone I trust know what I am going through:

Things I can do that might help in the moment:

The physical or emotional signs that show I am feeling worse:

Things others can do to help in the moment:

Things I do not want others to do:

# Sharing with Others: Accessible and Culturally Responsive

- **Accessible:**
  - Cost?
  - Is it easy to understand?
  - How do we meet individual needs?
- **Culturally Responsive:**
  - What cultural traditions are supportive to people in our community?
  - Traditional healing and other practices
  - Engagement with art, craft, music
  - Spiritual traditions



# Stories from the Field

## Kan-Win: Empowering Survivors in the Asian American Community

- “Our Stories of Unbroken Thread”

“Story-telling ... enables community members to open up without contextualizing themselves into a traumatic ambience, such as domestic violence.”





**How can we  
bring this into  
our work?**



# Stories from the Field

## Organizational Culture Supporting Wellness

- **New Jersey Coalition to End Domestic Violence**

“We read statements on belonging, anti-oppression, accessibility, and land acknowledgment to honor Indigenous peoples. This reinforces our commitment to disrupting dominant culture and systems of oppression that limit visibility for advocates and survivors.”



# Grounding Tree Visualization



# *Question & Answer*



***Thank You!***

# Contact Information

---

**Victoria Wynecoop-Abrahamson, LSW**  
(Spokane | Coeur D'Alene)

*Training and Technical Assistance Manager*



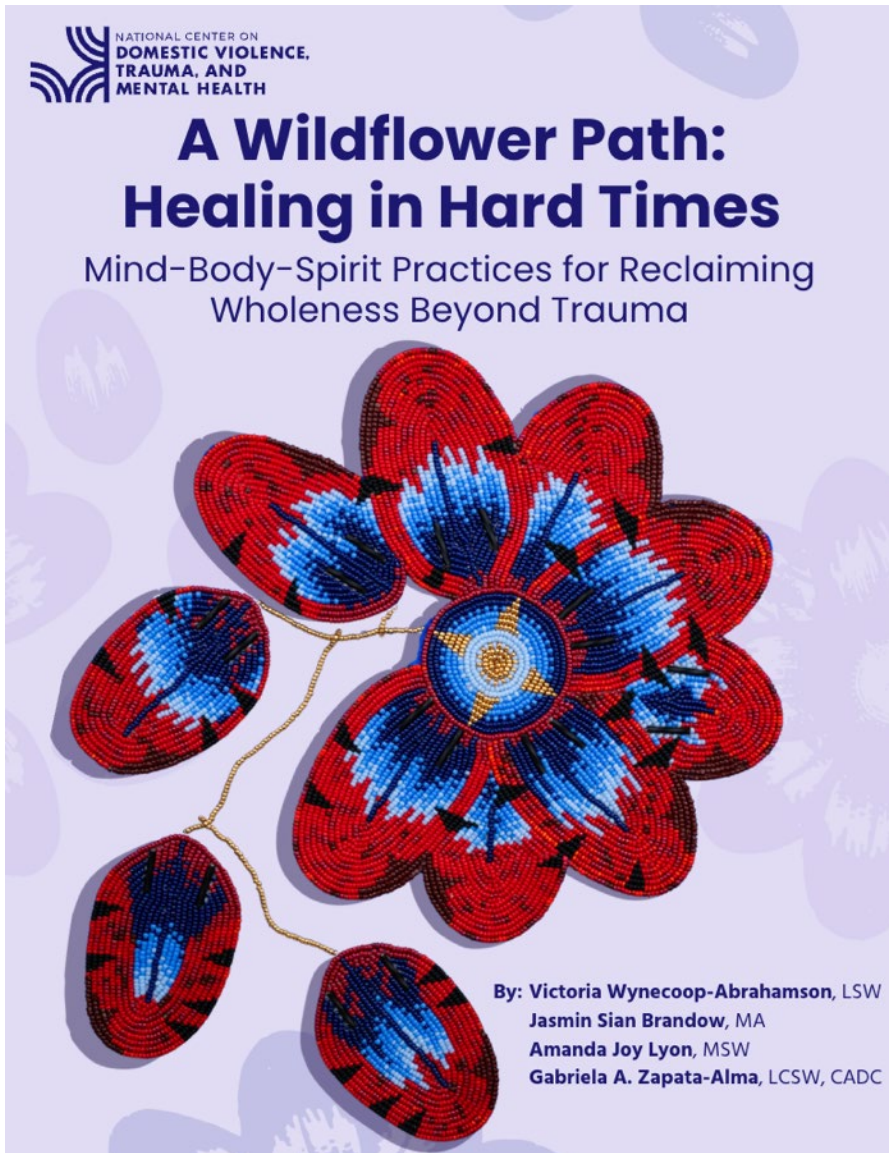
312-726-7020 ext. 2026



twynecoop@ncdvtmh.org



# Additional Resources



## A Wildflower Path: Healing in Hard Times

Mind-Body-Spirit Practices for Reclaiming  
Wholeness Beyond Trauma

- 6-part webinar series already available
- Toolkit coming soon!

# Additional Resources



TRAINING

Find Resources + More

GO

## A Wildflower Path: Navigating Wellness Through Life's Seasons Webinar Series

+ Save To Account

### Webinar Information

- 2025 WEBINAR SERIES - [Planting Seeds: Growing a Foundation for Wellness](#)
- 2025 WEBINAR SERIES - [Rooted in Presence: Nurturing Safety](#)
- 2025 WEBINAR SERIES - [A Blossoming Flower: Healing Through Creative Expression](#)
- 2025 WEBINAR SERIES - [Rays of Sunshine: Cultivating Hope and Joy](#)
- 2025 WEBINAR SERIES - [Sacred Pathways: Connecting to Nature and Spirituality](#)
- 2025 WEBINAR SERIES - [Community Gardens: Integrating Wellness for Advocates and Organizations](#)

6-part Webinar Series 2025

## A Wildflower Path: Healing in Hard Times

Navigating Wellness Through Life's Seasons

# Additional Resources



312-726-7020  
info@ncdvtmh.org



Talking with survivors about feeling distressed or overwhelmed can sometimes feel uncomfortable. Our own worries, biases, and past experiences in our work, lives, and communities can shape how we relate to the people we intend to assist. There are ways we can approach these conversations that are transparent about our intentions and respectful of others' beliefs about what is helpful in times of overwhelm, emotional distress, and feeling unwell.

With our understanding of the impact of violence, coercive control, and trauma, we can expect to regularly meet people in our services who experience difficulty feeling calm, clear, grounded, connected, and physically and emotionally safe. When our support is inclusive, accessible, culturally responsive, and trauma-informed, we can be respectful of everyone's values, health, and well-being, and provide resources that allow survivors to feel supported, present, and safe. It is also important to make our own well-being a priority as we work.

## Policy and Practices that Protect People from Mental Health Stigma and Discrimination

The ways we work with people who experience emotional distress or crisis must be in compliance with the Americans with Disabilities Act, the Fair Housing Act, and the Civil Rights Act to ensure we do not add to the discrimination against people who have already experienced violence, trauma, and marginalization. Our intake processes are meant to determine if someone needs our support because they experienced domestic violence, not meant to screen people out or turn people away because of fears related to mental health concerns or substance use.

During intake, consider what you need to know and why, as well as what you need to document and why. As we get to know survivors better, we can talk openly about distress and overwhelm. This allows us to offer comfort, share information about the effects of violence, better understand what is helpful to each survivor, and provide wanted resources for support.

www.ncdvtmh.org

October 2023 1 →

## Guide for Emotional Support

- For advocates, survivors, and other staff members
- Develop a support plan prior to crisis and distress, utilize during, evaluate and update after

Link: [Guide for Emotional Support](#)

## Translations available:

- **English, Spanish, French**
- **Urdu and Arabic:** culturally adapted to better serve Muslim survivors of domestic violence.
- **Chinese, Korean, Hindi, and Tagalog:** culturally adapted to better serve Asian survivors of domestic violence.

# Additional Resources

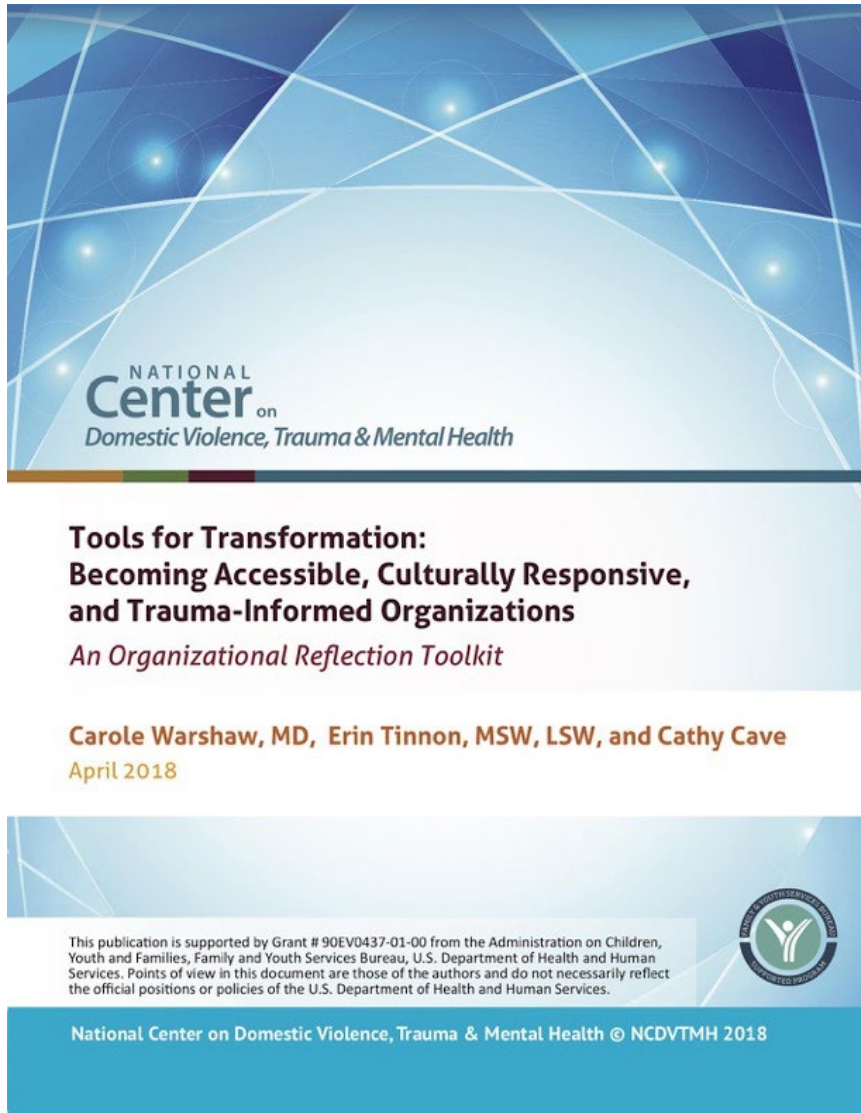


## Do I Want to See a Therapist?

### A Tool for Reflection and Self-Advocacy

- For people who have experienced domestic violence and are considering therapy.
  - This may be used to explore if a therapist is a good fit, make informed decisions about continuing or ending therapy, and get the most from therapy sessions.
- Also useful for advocates supporting survivors in their therapy journey.
- Available in English and Spanish

# Additional Resources



## Tools for Transformation Becoming ACRTI Organizations

- [Tools for Transformation: Becoming Accessible, Culturally Responsive, and Trauma-Informed Organizations](#)
  - [Implementation Support Guide 1: The Social, Emotional, and Relational Climate and Organizational Trauma](#)
  - [Implementation Support Guide 2: Supporting Change Leadership](#)

# Additional Resources

**When You Can Talk Privately**

"People have shared with us that their (ex-)partner pressured them to use substances, use in ways that they didn't want to, or used their substance use as a way to control them. Using substances is a common way to deal with physical and emotional pain. If you can relate to any of this, know that we're here to help."

**Common Forms of Substance Use Coercion**

- Introduction to or escalation of substance use
- Forced use or withdrawal
- Self-medication to cope
- Sabotaging treatment access or recovery efforts
- Using stigma to isolate, discredit, or threaten
- Blaming abuse on use

**Validate and Affirm**

- None of this is your fault
- You deserve to be treated with dignity and respect, no matter what
- I believe you
- You are not alone

"Would it be helpful to talk about some safety strategies and resources?"

NATIONAL CENTER ON DOMESTIC VIOLENCE, TRAUMA, AND MENTAL HEALTH  
www.nationalcenterdvtraumamh.org

**When You Can Talk Privately:**

"People have shared with us that their (ex-)partner pressured them to use substances, use in ways they didn't want to, or used their substance use as a way to control them. It is common to use substances to deal with physical and emotional pain. If you can relate to any of this, know that we're here to help."

**Common Forms of Substance Use Coercion:**

- Introduction to or escalation of substance use
- Sabotaging treatment access or recovery efforts
- Using stigma to isolate, discredit, or threaten
- Forced use or withdrawal
- Self-medication to cope
- Blaming abuse on use

**Validate and Affirm:**

- You deserve to be treated with dignity and respect, no matter what
- None of this is your fault
- You are not alone
- I believe you

"Would it be helpful to talk about some safety strategies and resources?"

www.ncdvtmh.org

NATIONAL CENTER ON DOMESTIC VIOLENCE, TRAUMA, AND MENTAL HEALTH

## Conversations about Substance Use

- [Substance Use Coercion Palm Card for Practitioners](#)
  - Available in English, Spanish, and French
- [Substance Use Coercion Palm Card for Advocates](#)

# Additional Resources



**When You Can Talk Privately**

"How does your partner support your mental health? People have shared that sometimes their partners say hurtful things or try to make them think they are 'losing their mind.' Partners might make it hard to connect with people you trust or might only be supportive during hard times. If you can relate to any of this, we're here to help."

**Common Forms of MH Coercion**

- Undermining a survivor's sanity
- Provoking, threatening, or forcing unnecessary commitment
- Interrupting healthy routines
- Interfering with MH care: controlling medications, diagnosis, or overall engagement
- Using stigma to isolate, discredit, or threaten
- Blaming abuse and control on MH

**Validate and Affirm**

- None of this is your fault
- You deserve to be treated with dignity and respect, no matter what
- I believe you
- You are not alone

"Would it be helpful to talk about some safety strategies and resources?"

NATIONAL CENTER ON DOMESTIC VIOLENCE, TRAUMA, AND MENTAL HEALTH  
www.nationalcenterdvtraumamh.org

## Conversations about Mental Health

### • Mental Health Coercion Palm Card for Practitioners

- Available in English, Spanish, and French
- Culturally adapted and available in Korean, Urdu, Arabic, Hindi, Chinese, and Tagalog

### • Mental Health Coercion Palm Card for Advocates



**When You Can Talk Privately:**

"People have shared that sometimes their partners say hurtful things or try to make them think that they are "going crazy" or "losing their mind." Partners might do things to harm your mental health, interfere with mental health care, or make it difficult to do things for your own self-care. If you can relate to any of this, know that we are here to help."

**Common Forms of Mental Health Coercion:**

- Undermining a survivor's sanity
- Provoking, threatening, or forcing unnecessary commitment
- Interrupting health routines
- Interfering with mental health care: controlling medications, diagnosis, or overall engagement
- Using stigma to isolate, discredit, or threaten
- Blaming abuse and control on mental health

**Validate and Affirm:**

- You deserve to be treated with dignity and respect, **no matter what**
- None of this is your fault
- You are not alone
- I believe you

"Would it be helpful to talk about some safety strategies and resources?"

www.ncdvtmh.org

NATIONAL CENTER ON DOMESTIC VIOLENCE, TRAUMA, AND MENTAL HEALTH

# Additional Resources

The screenshot shows a webpage from the National Domestic Violence Hotline. The header includes the organization's logo and navigation links. The main heading is "Survivor Health Connections: Increasing Access to Desired Resources". Below this, there is a paragraph explaining the purpose of the resources and a list of four categories: "Locating Behavioral Health and Domestic Violence Resources", "Supporting Survivors to Reach Desired Resources", "Supporting Organizational Collaboration", and "Increasing Accessibility for Survivors". The page features three resource cards with titles like "Accessibility and Effectiveness of Behavioral Health Services for Survivors of Domestic Violence: A Summary of Survey and Listening Session Results", "Coercion Related to Mental Health and Substance Use in the Context of Intimate Partner Violence", and "Key Elements for Responding to Mental Health and Substance Use Coercion in Clinical Practices". A second row of three resource cards is also visible, including "Locating Domestic Violence and Sexual Assault Advocacy Resources", "Locating Mental Health Support Resources", and "Locating Substance Use Support Resources". The footer of the page reads "Supporting Survivors to Reach Desired Resources".

## Survivor Health Connections

- Seamless access to desired resources that support survivor safety and well-being, based on their self-defined goals
- [Accessibility and Effectiveness of Behavioral Health Services for Survivors of Domestic Violence: A Summary of Survey and Listening Session Results](#)

# Additional Resources

The screenshot shows a webpage with a purple header. On the left, it says 'TRAINING'. On the right, there is a search bar with 'Find Resources + More' and a 'GO' button. Below the header, the title 'Trauma-Informed Responses to Emotional Distress and Crisis' is displayed in white. Underneath the title is a button that says '+ Save To Account'. The main content area has a white background with a light green pattern. It starts with a 'Brief Overview' section, followed by a paragraph of text. Below that is a 'Webinar Information' section with a list of five webinar titles, each preceded by a right-pointing chevron and a small '2016-2017 WEBINAR SERIES' label.

TRAINING

Find Resources + More GO

## Trauma-Informed Responses to Emotional Distress and Crisis

+ Save To Account

### Brief Overview

NCDVTMH's webinar series on Trauma-Informed Responses to Emotional Distress and Crisis is designed to support DV/SA advocates in partnering with survivors experiencing emotional distress, mental health crises, and/or psychiatric disabilities. The series provides an opportunity to explore existing frameworks for thinking about trauma and mental health and to examine our understandings of crisis and distress. It reminds us that we are talking about people and the complex courses of their lives, not about categories, labels, or diagnoses. Finally, it discusses the knowledge, skills, practices, and reflective processes needed to support people with a wide range of experiences of distress and ways of coping and being in the world.

### Webinar Information

- 2016-2017 WEBINAR SERIES - Trauma-Informed Responses to Emotional Distress and Crisis: An Introduction
- 2016-2017 WEBINAR SERIES - Responding to Mental Health Crisis: Incorporating Peer Support Practices
- 2016-2017 WEBINAR SERIES - Responding to Mental Health Crisis: Program Polices That Support Trauma-informed Responses to Emotional Distress and Crisis
- 2016-2017 WEBINAR SERIES - Responding to Mental Health Crisis: The What and Whys of Self-injury
- 2016-2017 WEBINAR SERIES - Responding to Mental Health Crisis: Trauma-informed Approaches to Conversations About Diagnosis, Treatment and Medication

## Trauma-Informed Responses to Emotional Distress and Crisis

- Training Series:
  - [Trauma-Informed Responses to Emotional Distress and Crisis](#)
  - Five webinars with supporting materials on mind-body



Find us online at:  
[ncdvtmh.org](https://ncdvtmh.org)



Subscribe to our newsletter:  
[ncdvtmh.org/email-list](https://ncdvtmh.org/email-list)



[info@ncdvtmh.org](mailto:info@ncdvtmh.org)

