

HOW DO ADULT SURVIVORS OF CSA

GOPE?



OLGA TRUJILLO & CYNTHIA TOTTEN

WITH KRIS BEIN



WATCHING T.V., JOURNALING, CREATIVE EXPRESSION, SPORTS

COPING MECHANISMS

THINGS A SURVIVOR DOES that help them SURVIVE, THRIVE, or maybe JUST BE OK.

NOT UNHEALTHY vs. HEALTHY

JUDGEMENT OF COPING MECHANISMS

RACISM, CLASSISM, SEXISM

WHAT DO YOU DO NOW THAT THE ABUSE IS OVER?

WHAT DO YOU DO WHEN YOU CAN'T ESCAPE?

LIMITED COPING MECHANISMS for INCARCERATED SURVIVORS

PRISONS ARE PLACES OF POWER, CONTROL & ABUSE

A TOOL THE BRAIN MAY USE TO COPE

DISASSOCIATIVE IDENTITY DISORDER

HOW DO SOME COPING MECHANISMS SERVE US BETTER THAN OTHERS



RE-FRAMING COPING MECHANISMS as CREATIVE & BRAVE

ADVOCATES MUST CHECK THEMSELVES



RED FLAG
CALLING SURVIVORS "MANIPULATIVE"

ADVOCATES NEED TO CHECK IN WITH THEIR CURIOSITY

CONVERSATION #2

BUILDING RESILIENCE