

BUILDING RESILIENCE

CONVERSATION #5

WHAT IS HEALING?

w/ LEAH GREEN

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WE ALSO MUST DISMANTLE SYSTEMIC BARRIERS TO HEALING: RACISM, TRANSPHOBIA, CLASSISM, ABLEISM, HOMOPHOBIA, & more. WE HAVE to DISMANTLE the IDEA in

OUR HEADS ABOUT WHO SURVIVORS ARE! OUR AGENCIES MUST DISMANTLE ABOOR SYSTEMS INTERNALLY AND OUR POLICIES AND PRACTICES



WHAT IF OUR ADVOCACY EFFORTS FOCUSED ON NAVIGATING

A PATH TO HEALING?

IT'S A



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NOT JUST through the CRIMINAL JUSTICE system?

LET'S GET BACK to BASICS: HOLDING SPACE

HONORING THE RESILIENCE of SURVIVORS

SHAPED by the SURVIVOR

MIND

HEART

BODY

HONORING THEIR SURVIVAL

"FIXING" is NOT the GOAL

RELIEVE yourself of the BURDEN of KNOWING ALL the ANSWERS



THE PROCESS of EXPLORATION

IS WORTHY

HEALING is HAVING ACTIVE

CHOICE in HOW or when you USE TOOLS, SKILLS, RESOURCES

HAVING AGENCY versus FEELING like things ARE JUST HAPPENING to you



HEALING IS A TOOL BOX

RELATIONSHIPS

BODY

COMMUNITY

PLANTING SEEDS

LINEAR

THERE ARE SEASONS

& IT'S NOT