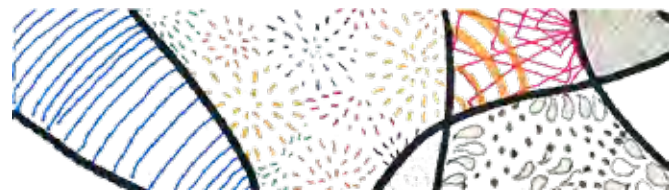


Time to Facilitate:  
**3 hours**



## MODULE #5

# A VISION FOR HEALING

### MODULE SUMMARY

While the first half of the modules focused on the dynamics and effects of child sexual abuse, the latter starts a new stage in the training that focuses on the various parts of holistic healing. The facilitators should continue to reemphasize the importance of choices, the individuality of healing, and why these topics should be the focus of services for adult survivors of child sexual abuse.

**A VISION FOR HEALING  
LEARNING OBJECTIVES:**

- ▶ Explore what helps adult survivors heal from sexual abuse in childhood
- ▶ Examine what skills advocates have that can help adult survivors of child sexual abuse heal
- ▶ Examine how helping survivors make choices about their lives can help survivors heal

## **A VISION FOR HEALING MODULE STRUCTURE:**

Time to facilitate: 3 hours total

Lesson 5.1 Defining Healing for Adult Survivors  
of Child Sexual Abuse (1 Hour)

Lesson 5.2 Choice Points (2 Hours)

Lesson 5.3 What Does this Mean for Advocacy  
(0.5 Hours)



## MATERIALS NEEDED FOR A VISION FOR HEALING MODULE

Lesson	In Person	Virtual
5.1	<ul style="list-style-type: none"> <li data-bbox="500 604 714 644">▶ Computer</li> <li data-bbox="500 737 893 777">▶ Projector or large TV</li> <li data-bbox="500 869 893 951">▶ Speakers that participants can hear</li> <li data-bbox="500 1043 958 1335">▶ <a href="#">Video Building Resilience Conversation Series Episode 5: What is Healing? by the Resource Sharing Project</a></li> <li data-bbox="500 1417 958 1556">▶ <a href="#">Copies of, or link to, Building Resilience Coloring Page Episode 5</a></li> </ul>	<ul style="list-style-type: none"> <li data-bbox="1040 604 1422 896">▶ <a href="#">Building Resilience Conversation Series Episode 5: What is Healing? by the Resource Sharing Project</a></li> <li data-bbox="1040 978 1422 1115">▶ <a href="#">Building Resilience Coloring Page Episode 5</a></li> </ul>

Lesson	In Person	Virtual
5.2	<ul style="list-style-type: none"> <li data-bbox="412 596 630 632">▶ Computer</li> <li data-bbox="412 730 808 766">▶ Projector or large TV</li> <li data-bbox="412 863 651 898">▶ PowerPoint</li> <li data-bbox="412 995 857 1178">▶ <a href="#"><u>Copies of, or links to, Advocacy Skills: Choice Points by the Resource Sharing Project</u></a></li> <li data-bbox="412 1268 889 1444">▶ Copies of, or links to, Healing in Motion: A Vision for Healing Scenarios - Choice Points</li> </ul>	<ul style="list-style-type: none"> <li data-bbox="954 596 1330 779">▶ Healing in Motion: A Vision for Healing Scenarios - Choice Points</li> </ul>
5.3	<ul style="list-style-type: none"> <li data-bbox="412 1472 797 1600">▶ Copies of, or link to, Strategic Planning worksheet</li> </ul>	<ul style="list-style-type: none"> <li data-bbox="954 1472 1312 1556">▶ Strategic Planning worksheet</li> </ul>



## Lesson 5.1 Defining Healing for Adult Survivors of Child Sexual Abuse

Estimated time: 1 hour



**GROUNDING** Open the module by doing a grounding exercise.



**WATCH** Show [the video Building Resilience Episode #5: What is Healing? by the Resource Sharing Project](#)



Play from 03:34 (How we came to understand what healing means to us) to 20:06 (Assessing our own readiness to offering healing services to all survivors),



**HANDOUT** Distribute the [Building Resilience Coloring Page: Episode 5](#).



**BREAK OUT GROUPS** Have the participants get into groups and discuss the following questions:

- ▶ What stands out to you about how healing happens for adult survivors of child sexual abuse?
- ▶ What advocacy skills do you have that can help you support adult survivors of child sexual abuse?
- ▶ How would you define healing?

Have the groups share what they discussed.





**DEBRIEF** In the debrief, highlight the points that were made in the video:

▶ Advocates don't:

- » Have to be an expert
- » Try to fix it because you cannot fix it
- » Have to come up with a magical alternative option- sometimes our role is to help survivors choose the choice that works the best out of options that aren't ideal

▶ Advocates should

- » Listen
- » be present
- » Believe them
- » Be patient
- » Provide information when needed
- » Be inclusive and welcoming
- » Be curious but not voyeuristic



## NOTE FOR PREPARATION FOR Lesson 5.2 Choice Points

- ▶ The points in TEACHING can be displayed on a PowerPoint that the facilitators will need to create and modify to fit your training needs.
  
- ▶ In the BREAK OUT GROUP DISCUSSION, the participants will break out into groups and find the different choices in the scenarios. While scenarios are provided in the module, facilitators are encouraged to adapt the scenarios and include more specific cultural nuances from communities in your area. The Healing in Motion: A Vision for Healing Scenarios - Choice Points can be found on page xxi. For the A Vision for Healing scenarios, facilitators should be mindful that:
  - » The copy of the scenarios in the curriculum has the “Why this Scenario” and “Context” sections for each scenario. These are notes to explain to the facilitator why these scenarios were chosen and **SHOULD NOT BE GIVEN TO THE TRAINING PARTICIPANTS**. Facilitators need to print separate copies to distribute to the groups during the training.



## Lesson 5.2 Choice Points

Estimated time: 2 hours



**TEACHING** Discuss how regaining control in their lives can help adult survivors of child sexual abuse heal. The following points should be displayed on a PowerPoint that the facilitators will need to create and modify to fit their training needs. Be sure to make the following points (taken from the Choice Points handout):

- ▶ Sexual violence robs the survivor of their power. Healing comes, in part, from the survivor finding and acting in their own power again.
- ▶ Choices help survivors regain and act in their power. A choice point is a moment where survivors can pause and actively make a decision.
- ▶ Every life event is made up of many moments where people can exercise their power and autonomy—where they can find their choice points.
- ▶ It might be a choice about how something happens rather than if it happens.

- ▶ Some choice points are small or subtle, but every choice matters.
- ▶ Choices are also about saying no to things a survivor thinks they should do, even saying no to their advocate.
- ▶ An advocate's job is to help survivors find their choice points and consider their options.
- ▶ The more advocates increase their knowledge and ability to observe and name choice points in advocacy, the more they can support survivors' ability to observe and name choice points in all areas their lives.



- ▶ In learning to see and use choice points, there are a few important things to consider:
  - » Many layers of survivors' identities and contexts affect the choices.
  - » There are choices before, during, and after many events.
  - » Don't get stuck in believing that choice points are complex. A lot of them are very simple.
  - » The purpose of finding choice points isn't to develop a fancy or intricate advocacy skill. Instead, it is purely to help survivors identify places where they have choices and then to choose actively and mindfully.



**HANDOUT** Distribute the [Advocacy Skills: Choice Points](#) by the Resource Sharing Project as a resource to the group.

**HANDOUT and BREAK OUT GROUP DISCUSSION**

Ask participants to get into small groups and pass out the Healing in Motion: A Vision for Healing Scenarios - Choice Points. Assign each group a scenario in the handout and have them identify the choice points.



**DEBRIEF** Debrief this exercise in a large group. Have the groups identify the choice points they found aloud and discuss whether it was difficult to identify them.

At the end of this discussion, make the following points:

- ▶ Even though we know about some of the people's identities (race, nationality, sexuality, gender) in the scenarios, we don't know all of them. This was intentional, and like real life, we won't have all of the identities, violent experiences, or happy times of the survivors we're working with written out. This is why relationship building and active listening is important.



- ▶ Survivors of child sexual abuse often don't have the option or don't want to involve criminal legal systems.
- ▶ Healing may look different at various ages and stages of life. Therefore, advocates play an important role in supporting survivors in their healing no matter when they seek help.



**WATCH** Conclude the discussion by showing Video [Building Resilience Episode #5: What is Healing?](#)



Play from 33:02 (Helping survivors find their agency) to 39:22 (Defining healing is a uniquely individual experience)

## Lesson 5.3 What Does this Mean for Advocacy?

Estimated time: 0.5 hours



**LARGE GROUP DISCUSSION** As a group, discuss the following questions with the training participants:

- ▶ Where are places you can identify choice points with survivors:
  - » When meeting them for the first time in person at your office?
  - » Speaking over the phone while on your agency's helpline?
  - » Calling their number after receiving it through a partner agency referral?





**ACTIVITY** Ask the participants to get out their Strategic Planning worksheet and identify two choice points that they can plan for with a survivor they are meeting outside their office.



**CONCLUSION** Conclude this module with a grounding exercise or the suggested reflective journal prompt below.

- ▶ Reflective Journal Prompt: What are some ways you can describe the choices survivors have when it comes to your agency's services?



## FURTHER LEARNING OPPORTUNITIES ABOUT A VISION FOR HEALING

- ▶ [Rural Advocacy Through a Healing Lens \(e-learning course\)](#) by the Resource Sharing Project
- ▶ [Enhancing Knowledge: Organizational Support for Creative and Compassionate Advocacy](#) by the Resource Sharing Project



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# Healing in Motion: Coalitions Supporting Growth and Change in the Lives of Adult Survivors of Child Sexual Abuse

July 2023

This publication was written by LaShae Lopez, with contributions from the Building Resilience team: Resource Sharing Project, Activating Change, Just Detention International, Minnesota Indian Women's Sexual Assault Coalition, the North Carolina Coalition Against Sexual Assault, and Olga Trujillo, J.D.

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