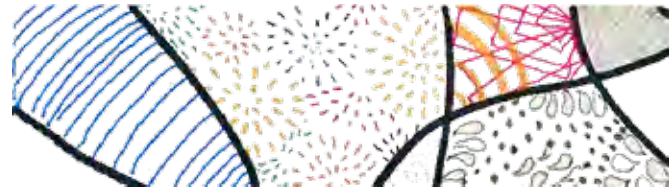


Time to Facilitate:
5 hours



MODULE #8

SPIRITUALITY AND CULTURE IN HEALING

MODULE SUMMARY

This module will center on survivors' spirituality and culture and how they can support survivors in their ability to cope, heal, and exist in the world. While this module may be the shortest it is an equally important module. Facilitators should be mindful:

- ▶ Of how bias, and privilege show up when discussing spirituality, religion, faith, and culture both for themselves and among the participants.
- ▶ That religion and culture have been used as tools to perpetuate sexual violence in many communities and has offered solace and healing for individuals as well.
- ▶ To reflect on what religion, faith, and spirituality mean in their own lives and allow time for participants to do so in the training.

SPIRITUALITY AND CULTURE IN HEALING LEARNING OBJECTIVES:

- ▶ Analyze the difference between faith, spirituality, and organized religion
- ▶ Explore how faith and religion can be a part of someone's experience of child sexual abuse
- ▶ Examine how faith, spirituality, and culture can influence coping
- ▶ Explore how faith, spirituality, and culture can help someone heal

STRUCTURE OF SPIRITUALITY AND CULTURE IN HEALING MODULE:

Time to Facilitate: 5 hours total

Lesson 8.1 Identifying Terms (1 Hour)

Lesson 8.2 Culture as an Area of Healing (1 Hour)

Lesson 8.3 What does this mean for Advocacy? (2 Hours)

Lesson 8.4 Bringing It All Together: Modules #7 & #8 Recap (1 Hour)



MATERIALS NEEDED FOR SPIRITUALITY AND CULTURE IN HEALING MODULE

Lesson	In Person	Virtual
8.1	<ul style="list-style-type: none"> ▶ Computer ▶ Projector or large TV ▶ Speakers that participants can hear ▶ Video Building Resilience Conversation Series Episode 7: How are Spirituality and Culture Tied to Healing? by the Resource Sharing Project ▶ Copies of, or link to, Building Resilience Coloring Page Episode 7 	<ul style="list-style-type: none"> ▶ Building Resilience Conversation Series Episode 7: How are Spirituality and Culture Tied to Healing? by the Resource Sharing Project ▶ Building Resilience Coloring Page Episode 7

Lesson	In Person	Virtual
8.2	<ul style="list-style-type: none"> ▶ Computer ▶ Projector or large TV ▶ PowerPoint 	<ul style="list-style-type: none"> ▶ PowerPoint
8.3	<ul style="list-style-type: none"> ▶ Computer ▶ Projector or large TV ▶ Speakers that participants can hear ▶ Video Building Resilience Conversation Series Episode 7: How are Spirituality and Culture Tied to Healing? by the Resource Sharing Project ▶ Copies of, or link to, Building Resilience Coloring Page Episode 7 	<ul style="list-style-type: none"> ▶ Building Resilience Conversation Series Episode 7: How are Spirituality and Culture Tied to Healing? by the Resource Sharing Project ▶ Building Resilience Coloring Page Episode 7



Lesson	In Person	Virtual
8.4	<ul style="list-style-type: none"> <li data-bbox="552 632 771 674">▶ Computer <li data-bbox="552 758 950 800">▶ Projector or large TV <li data-bbox="552 884 917 1031">▶ Materials for Jeopardy or Family Feud <ul style="list-style-type: none"> <li data-bbox="600 1115 950 1209">» Game show buzzers, bell, etc. <li data-bbox="600 1293 933 1335">» List of questions <li data-bbox="552 1367 820 1459">▶ Prizes for the winners 	<ul style="list-style-type: none"> <li data-bbox="1023 632 1351 821">▶ Access to virtual platform for Jeopardy or Family Feud <ul style="list-style-type: none"> <li data-bbox="1071 905 1291 999">» List of questions <li data-bbox="1023 1031 1226 1115">▶ Prizes for winners

NOTES FOR PREPARATION FOR SPIRITUALITY AND CULTURE IN HEALING MODULE

Overall

- ▶ This module is about spirituality and culture, and some participants may want to share and discuss how these factors impact their lives. While participants may want to share about how their spirituality has helped them cope, facilitators should be mindful about the purpose of training is to educate about adult survivors of child sexual abuse, not share or try to convince others of their spiritual beliefs. Facilitators should be prepared to kindly but firmly interrupt discussions that promote certain beliefs or promote religious biases and discrimination.



NOTES FOR PREPARATION FOR Lesson 8.1 Identifying Terms

- ▶ Facilitators open the module with a grounding exercise. Facilitators may want to ask this question in the place of or in addition to the grounding exercise: what song (or another type of artistic expression such as a book, painting, poem, etc.) is or feels spiritual to you? This question can be asked as an individual reflection, in small groups, or in a large group.
- ▶ Participants define religion, faith, and spirituality in BREAK OUT GROUP DISCUSSION #1. There are no suggested definitions given for these terms as they serve as the foundation for a larger point: these concepts must be defined by the individual.

Lesson 8.1

Identifying Terms

Estimated time: 1 hour



GROUNDING Open the module with a grounding exercise.



FRAMING Frame the module so the training participants can know what to expect. Include the following talking points:

- ▶ This module will be about spirituality and culture, which can be a very personal topic for people.
- ▶ This module's focus is on how spirituality and culture can be healing in the lives of adult's survivors of child sexual abuse.
- ▶ While the training is an open space for sharing and learning, it is not the space to convince, convert, or dismiss anyone else's beliefs or culture.





BREAK OUT GROUP DISCUSSION #1 Have the participants get into groups and answer the following questions:

- ▶ What is religion?
- ▶ What is faith?
- ▶ What is spirituality?
- ▶ What is the difference between religion, faith, and spirituality?
- ▶ How may the concept of virginity impact a survivor of child sexual abuse?
- ▶ How could religion be used as part of a survivor's abuse?



HANDOUT Distribute the [Building Resilience Coloring Page: Episode 7](#).



WATCH Play the video [BR Episode #7: How are Spirituality and Culture tied to Healing?](#)



Play from 00:00 (Introduction) to 14:03
(Pause, take a breath, take care of yourself).



BREAK OUT DISCUSSION Have the groups discuss the questions about religion, faith, and spirituality again to see if they would change any of the answers they gave.

After the groups have rediscussed their answers, have the groups share what they discussed with the large group.



WATCH Play [BR Episode #7: How are Spirituality and Culture tied to Healing?](#)



Play from 14:14 (Religious schooling, racism, and shaming) to 19:26 (Advocacy practice: Culture and spirituality are also individual experience).



After watching the video, have the groups discuss the following:

- ▶ How did the panel members feel culture and spirituality were helpful with healing?
- ▶ What experiences of oppression did they discuss?
- ▶ How did this impact their understanding of religion vs. spirituality?

Have the groups share what they discussed with the large group.

NOTES FOR PREPARATION FOR

Lesson 8.2 Culture as an Area of Healing

- ▶ Creating a PowerPoint for the TEACHING will be helpful for learning.
- ▶ Facilitators will lead a discussion about how a person's culture perceives the different factors named in the BREAK OUT GROUP DISCUSSION.
 - » Tribal and territory coalition facilitators may want to hone in on the specific cultural practices and teachings within their communities.
 - » State coalition trainers should be mindful of the identities of the participants, and reflect on how marginalized communities, particularly Black, Indigenous, and other communities of color, have been tokenized to speak about their culture (especially to give a critique of their culture) in public spaces.



Lesson 8.2 Culture as an Area of Healing

Estimated time: 1 hour



TEACHING It's helpful for learning to display following points on a PowerPoint that the facilitators will create and modify to fit their training needs:

- ▶ Culture is defined and identified by each community
- ▶ For some communities, faith and religion are an intertwined part of the culture, but that is not true for all communities
- ▶ Cultures influence individuals, families, and communities, and each of those groups affect their cultures (ripple effects in both directions)
- ▶ Each person is affected by, and connected to their culture in a unique way

- ▶ Individuals can be a part of several different cultures. Some of them overlap, some of them are separate, and some of them exist inside another (i.e., subcultures)
- ▶ Our cultures give us some of our first understanding of what is acceptable and unacceptable behavior (i.e., rape culture)



BREAK OUT GROUP DISCUSSION In break-out groups, ask the training participants to discuss the following question- How might an adult survivor of child sexual abuse be affected by how their culture views:

- ▶ Children's roles in the community
- ▶ Child Sexual Violence
- ▶ Shame
- ▶ Responsibility
- ▶ Strength
- ▶ Healing





DEBRIEF Come back together as a large group and have the groups share what was discussed. Be sure to emphasize these points if they are shared:

- ▶ Cultural expectations and practices can be a source of hurt and healing to adult survivors of child sexual abuse.

- ▶ Hurt:
 - » Not being supported after disclosing

 - » Those in the community value the community's reputation over discussing sexual violence

 - » Expectation's around "virginity"

 - » Family is blamed or shunned for "not protecting their children"

- ▶ Healing:
 - » Community connections, or belonging to a group or groups, is so important for living through and coping with trauma. Sexual violence disconnects; building community reconnects.
 - » Finding support from someone who understands the different rituals, histories, foods, clothing, holidays, etc. that may be important to the survivor is helpful for the survivor's healing and connection.
 - » Cultural change and education builds community connectedness, offers a chance to repair relationships, and prevents child sexual abuse from happening in the future.
- ▶ While it is not the advocate's job to understand everything about someone else's culture, it is the advocate's job to be curious about how the survivor's culture impacts their healing and the sexual abuse they experienced as a child.



Lesson 8.3 What Does this Mean for Advocacy?

Estimated time: 2 hours



WATCH Play [BR Episode #7: How are Spirituality and Culture tied to Healing?](#)



Play from 19:26 (Advocacy practice: Culture and spirituality are also individual experience) to 23:00 (Spiritual healing can bring understanding of other spirituality).



LARGE GROUP DISCUSSION Ask the group the following question:

- ▶ what can advocates do to help adult survivors of child sexual abuse connect to their spirituality and culture as part of their healing?

After the participants share, make sure to emphasize the following points if they are not discussed:

- ▶ Be curious about the survivor's experience of their culture and faith and talk with them about:
 - » What their faith means to them
 - » What is their experience with spirituality
 - » What experiences do they have with their culture and/or cultural practices?
 - » How do they feel about their culture or heritage
 - » How has their spirituality and culture impacted their life?
- ▶ Help survivors reflect on these in a safe setting



BREAK OUT GROUP DISCUSSION Have the participants get into groups





WATCH Play [BR Episode #7: How are Spirituality and Culture tied to Healing?](#)



Play from 23:00 (Spiritual healing can bring understanding of other spirituality) to 36:05 (Don't feel afraid with the answers survivors give to questions: where do you find peace).

When the video has finished, have the group discuss:

- ▶ what cautions did the presenters raise about discussion of religion, faith, spirituality, and culture with survivors?



DEBRIEF Have the groups share what they discussed. Make sure to highlight the following points if they are not named:

- ▶ Ask questions about survivors' spirituality without judgment and for the purpose of assisting the survivor. It is not the role of the advocate to encourage your own belief or discourage another's. Instead, advocates should be curious.
 - » First, ask permission to discuss this. For example, "Sometimes people have experienced harm or healing in their spirituality, faith, or religion. Is that something you would like to chat more about with me? There is no pressure to discuss this with me, but I want you to know I am open to chatting about this if you'd ever like to." This is one way to ask permission. And because we all have different ways of using and expressing ourselves through language, it is so important that you be able to use language that reflects how you and the survivor prefer to communicate.

- » When it's appropriate, questions to consider are:
 - ◆ Does spirituality factor into your life?
 - ◆ Was spirituality part of the harm you experienced? Do you have an interest in incorporating spirituality as you define it, into your healing?
 - ◆ Are there any spiritual practices that are healing to you, or help you find a sense of security, hope, worth, or connection?
- ▶ Don't bring your spirituality in the conversation unless a survivor specifically asks.
 - » Survivors might accommodate your beliefs and will not have an authentic relationship with you.
- ▶ Everyone is influenced by their culture and has been affected by their culture differently.

- ▶ It is not the role of the advocate to judge a survivor for how they embrace, reject, or navigate their culture or heritage. Instead, advocates should ask questions to help survivors in their healing process.
 - » First, ask permission to discuss this. One way to ask permission is: “People’s cultural beliefs and identities can play a role in their harm and healing. Is your culture something you’d like to discuss with me? There is no pressure to discuss this with me, and I want you to know I am open to chatting about this if you’d ever like to.” Because we all have different ways of using and expressing ourselves through language, it is important that you are able to use language that reflects how the survivor prefers to communicate.
 - » Some questions to facilitate the conversation include:
 - ◆ How does your culture factor into your life?
 - ◆ Was your culture part of the harm you experienced?
 - ◆ Do you have an interest in incorporating your culture as you define it, into your healing? Are there any cultural practices (from their own culture or heritage) that are healing to you, or help you find a sense of security, hope, worth, or connection?





LARGE GROUP DISCUSSION As one group, ask that participants to discuss what advocacy skills they will use in discussing religion, faith, and spirituality with survivors. Make sure to cover these points if they are not brought up:

- ▶ Curiosity
- ▶ Active listening
- ▶ Openness and acceptance of differences
- ▶ Put your stuff away (religious beliefs or skepticism) and listen to what they feel, need, or want.
- ▶ Openness to learning



CONCLUSION Conclude this module with a grounding exercise or one of these reflective journal prompts:

- ▶ Reflective Journal Prompt: How do you feel about spirituality in your own life? What do you know about your spirituality? Where are you curious?
- ▶ Reflective Journal Prompt: How has your connection to your culture impacted your life? What do you wish you knew more about your culture?

NOTES FOR PREPARATION FOR Lesson 8.4, Bringing It All Together: Modules #7 & #8 Recap

Facilitators will review the previous two modules in some type of game with the participants (Jeopardy, Family Feud, etc.), as in Coping from Child Sexual Abuse into Adulthood (Lesson 2.5). The content in the game should be made up of the advocacy skills and terms identified in the modules. Facilitators might also consider adding questions specific to your area (i.e., traditional Indigenous names of geographical features, the year your coalition was founded, famous people from your area, the name of a plant or endangered species in your area, etc.). If possible, give a prize to the winners of the game.

- ▶ To do this for an in-person event, you will need the following:
 - » Game show buzzers, bells, etc.
 - » List of questions and correct answers
 - » A way to keep score

► For virtual training, some online platforms will allow you to do this as a timed quiz, like [Kahoot!](#), or as an online game show format. Here are some free basic options to try out below:

» [Jeopardy Labs](#)

» [Factile](#)



Lesson 8.4 Bringing It All Together: Modules #7 & #8 Recap

Estimated time: 1 hour



ACTIVITY Do some sort of review game to assist participants in remembering the content learned in the seventh and eighth modules. The content in the game should be made up of the advocacy skills and terms reviewed in the module. For suggestions on a review game, please refer to Notes for Preparation for Coping from Child Sexual Abuse Into Adulthood Module, page 280.

FURTHER LEARNING OPPORTUNITIES

ABOUT SPIRITUALITY AND CULTURE AS A PART OF HEALING

- ▶ [South Dakota Boarding School Survivors Detail Sexual Abuse](#) by Stephanie Woodard, Indian Country Today
- ▶ [‘Look what he’s taken from me’: the deadly toll of Catholic church sex abuse on Guam](#) by Anita Hofschneider (The Guardian)
- ▶ [Child Sexual Abuse Survivor Story: Daphne](#) by Saprea
- ▶ [The Medicine Wheel at Work | A BR Interview with Cristine Davidson](#) by the Resource Sharing Project
- ▶ [Enhancing Advocacy through a Healing Centered Approach](#) by Elevate | Uplift



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

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