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Navigating Participant Disclosures with Compassion and Skill

Care for Yourself

- Prepare. Know the things that can trigger or upset you.
- Show compassion to yourself. It is OK to feel triggered or upset.
- Remind yourself of your resources. When and with whom can you debrief?
- Use a quick relaxation or centering technique - a deep breath, feel your feet on the floor, positive self-talk, or affirmation.

(To self): I know I get triggered when folks disclose violence - especially when they are young. It's normal and even good that this is upsetting. I am sensitive and personally know folks impacted by violence. I'm going to text my friend after this workshop to see if she can debrief with me. Now - three deep breaths and plant the feet on the floor."

Care for the Discloser

- Extend appreciation and compassion. Validate - "you are not alone"

"I am so sorry that you have experienced violence. It is brave to bring it up and can be important to talk about with others. Intimate partner violence is very common"

Tend to the Group

- Acknowledge feelings that may have come up.
- Recognize that they, or others they know, may have had similar experiences.
- Provide resources.
- Offer to talk more later.

"I imagine many people in this room can relate to your experience or share some of the same feelings that were expressed. I am writing this number for the National Domestic Violence hotline on the board. There are other local resources for folks as well. We can talk later if you would like more information."

Attend to the Agenda, Goals, and Roles

- Consider your goals for the group.
- Consider your role is and what you have the comfort, capacity, and permission to provide. Set a boundary that responds to your goals and roles, if appropriate, and explain why that boundary needs to be held.
- Gently transition back to the topic you were discussing.

"Today we are here to do a session about anatomy. It's important everyone gets this information before our next topic, so I'm going to steer us back to our topic. But I want you all to know that I am always happy chat afterwards and share additional resources.
Will that work for us?"

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Care for Yourself

In order to care for our participants, and our agenda, it is essential to care for ourselves. This is mostly an internal process that has to be done very quickly - and on the spot!

Prepare.

Know (as much as possible) the things that can trigger or be upsetting.
What are some of the categories of participant disclosures that have been, or could be, a trigger or upset you?

Show Compassion.

Write a simple statement of self-compassion below:

Remind Yourself of Your Resources.

When and with whom can you debrief this? Remind yourself that you will make time later. For example, "I am going to call my manager at the next break." *Write a sample plan below:*

Use a Relaxation or Centering Technique.

A deep breath, grounded feet, visualization, positive self-talk. *What are two techniques that work for you?*