

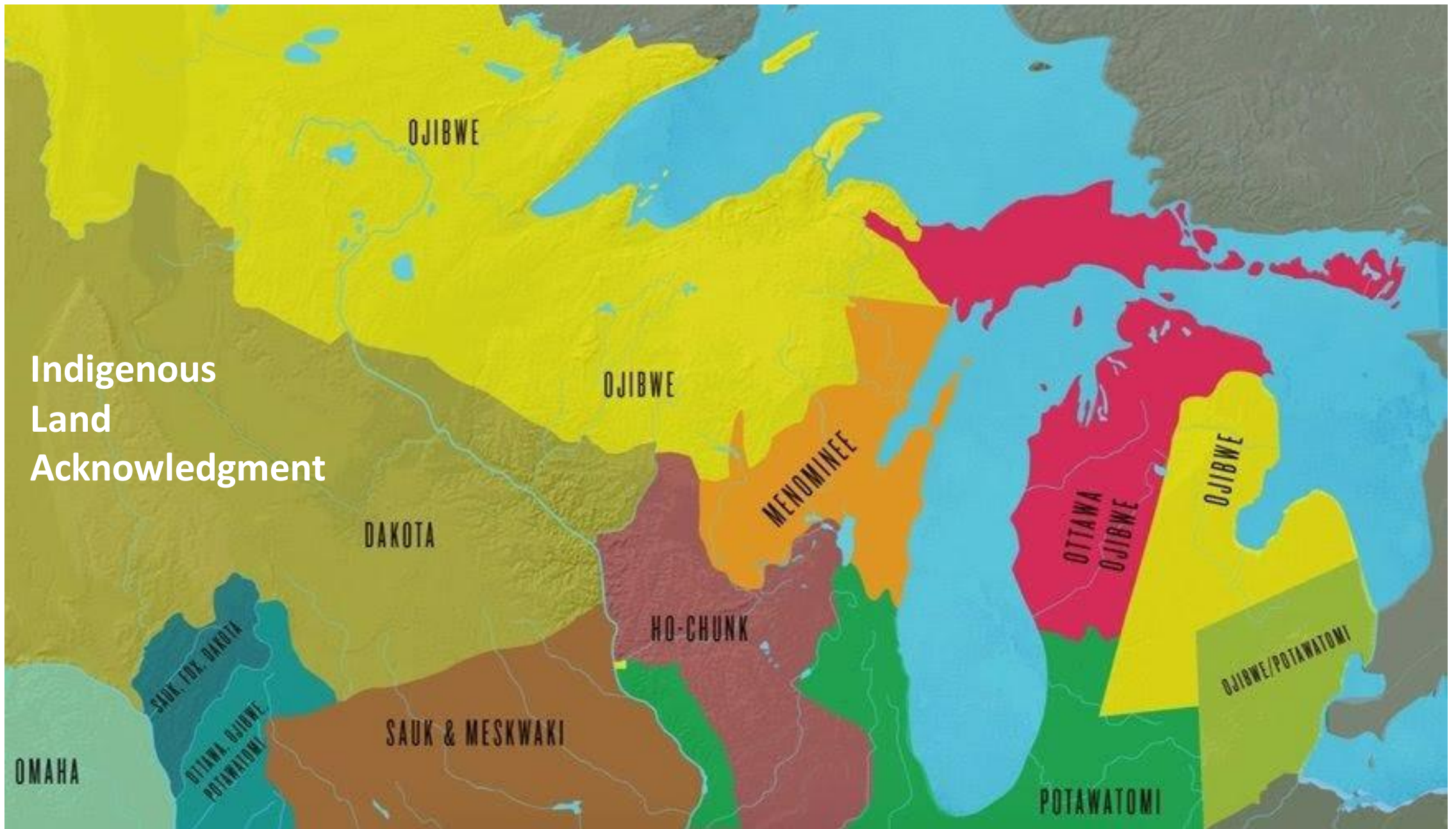


# Toward Healing- Centered Practices in Title IX

June 14, 2023

Laura Linder-Scholer, Christina Holmgren,  
and Dr. Jayne K. Sommers

## Indigenous Land Acknowledgment



*Treaty Lands of 1825.* The Ways Great Lakes Native Culture and Language Project, PBS Wisconsin Education.

# Laura Linder-Scholer (she | her)

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**SOS**  
Sexual Violence Services

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A Program of  
 RAMSEY COUNTY

 OFFICE OF  
HIGHER EDUCATION

Minnesota Institute for Trauma-  
Informed Education

# Christina Holmgren (she | her)

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Morrison Family  
College of Health



UNIVERSITY OF  
**St. Thomas**

Minnesota Institute for Trauma-  
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# Jayne K. Sommers (she | her)

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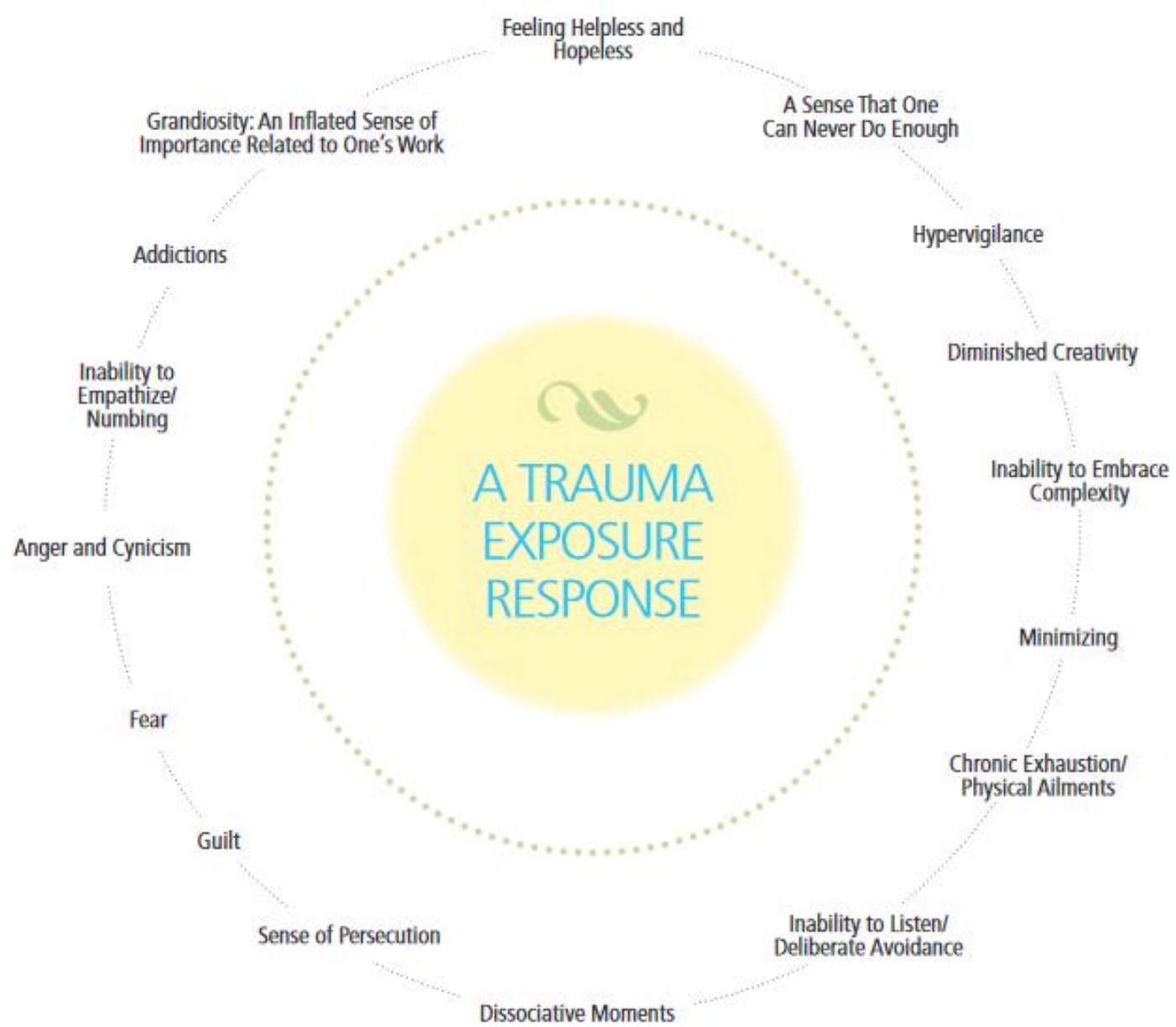
School of  
Education



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“If I am exposed to suffering in a single moment, or over the arc of time, is there the possibility that I will be affected by such exposure?”



### *Trauma Exposure Response*

A trauma exposure response may be defined as the transformation that takes place within us as a result of exposure to the suffering of other living beings or the planet.

# The *five* Directions



## TRAUMA STEWARDSHIP ACTION PLANNING

Your plan of action for incorporating Trauma Stewardship into your life and practice involves careful consideration and reflection, and should be informed by the identities you hold, the realities of your life, and what works best for you. Additionally, the action plan you establish today need not be set in stone, but your commitment to incorporating some elements of Trauma Stewardship into your daily life should guide you moving forward. If something doesn't work, return to the model and identify what else you could try!!

Which of the four directions comes easiest to you? What practices within that direction do you incorporate into your life with ease?	
Which of the four directions appears most challenging to you? What needs to change in order for you to incorporate practices within that direction into your life?	
What practices do you envision working for you within each direction?	
Who would you like to have in your accountability circle? When will you connect with them?	



Write an action statement for each of the five directions.

North: I commit to...

East: I commit to...

West: I commit to...

South: I commit to...

Daily Centering: I commit to...





**Trauma-Informed  
Practice**



**Healing-Centered  
Engagement**



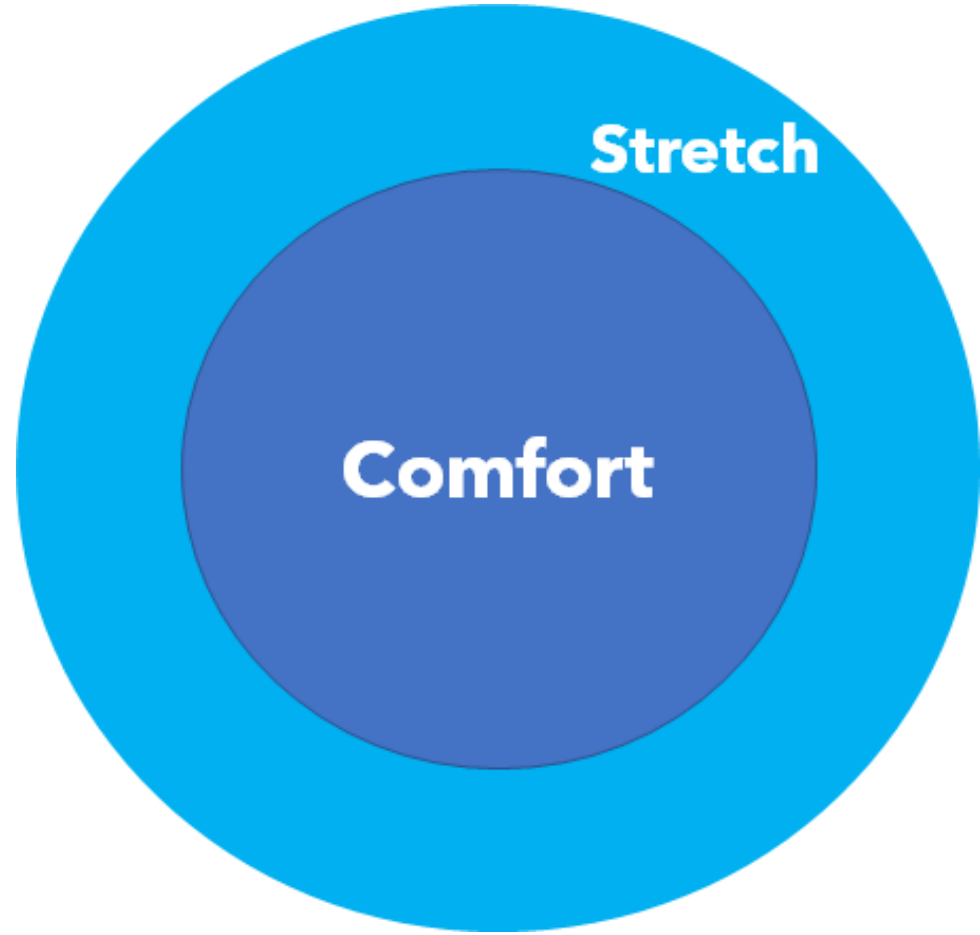
**Radical Healing**

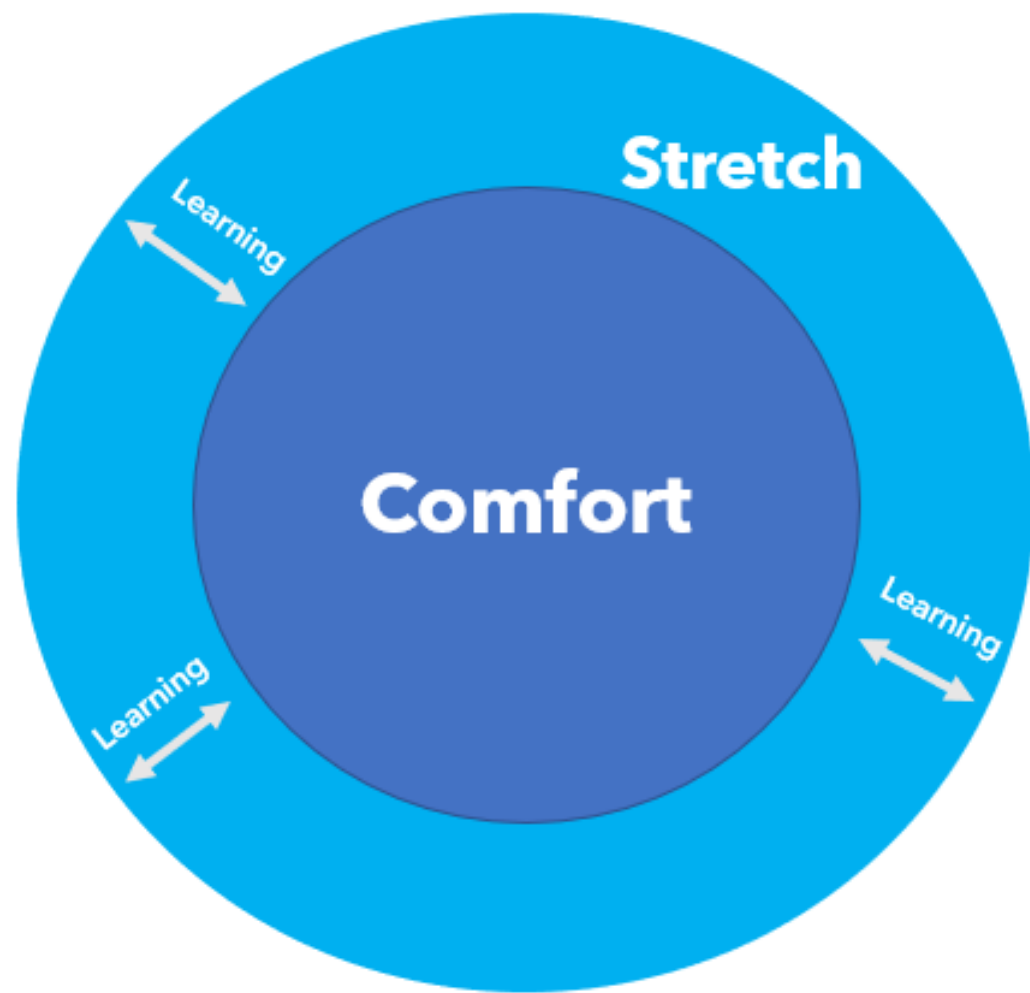


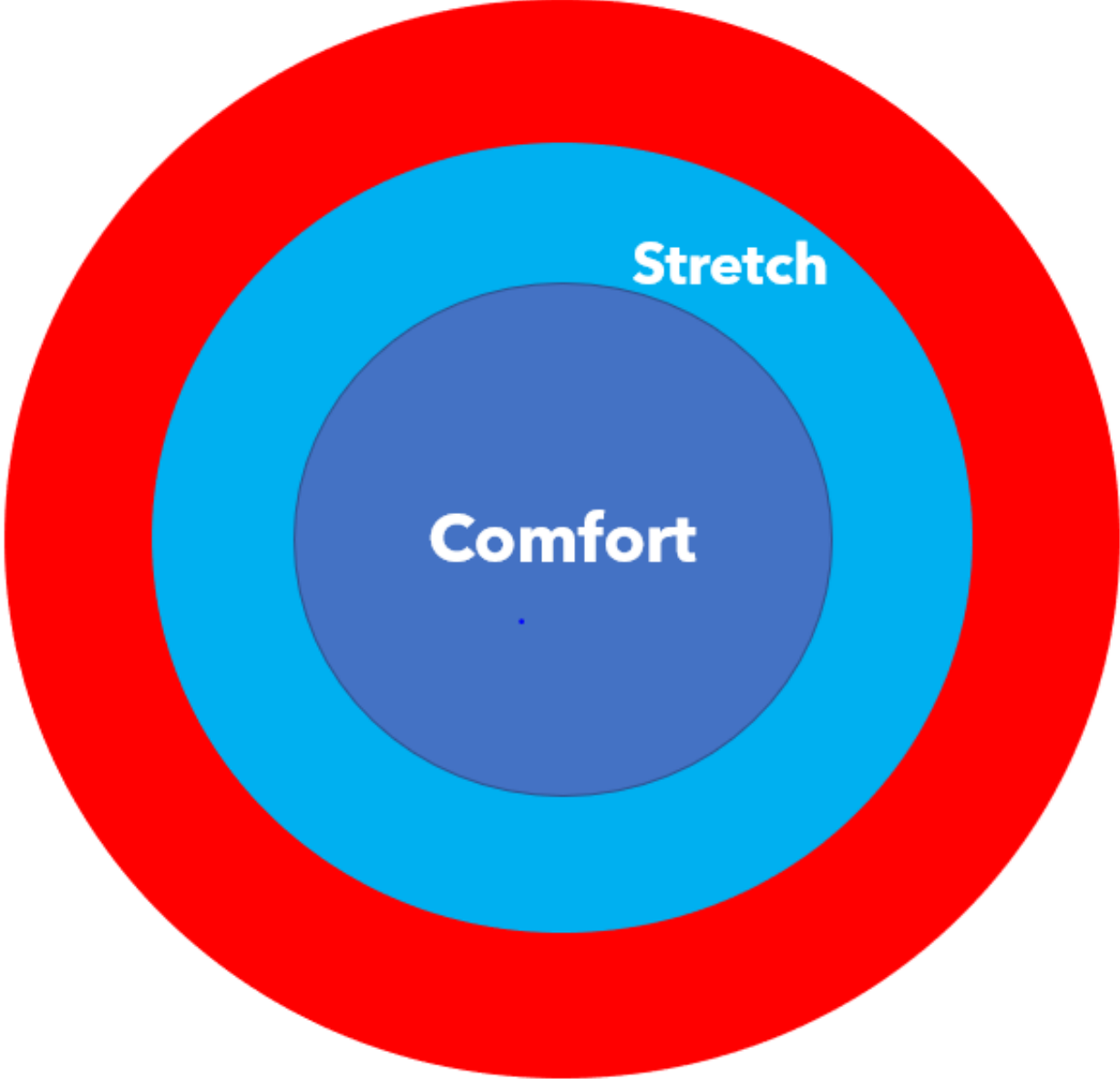


**Comfort**



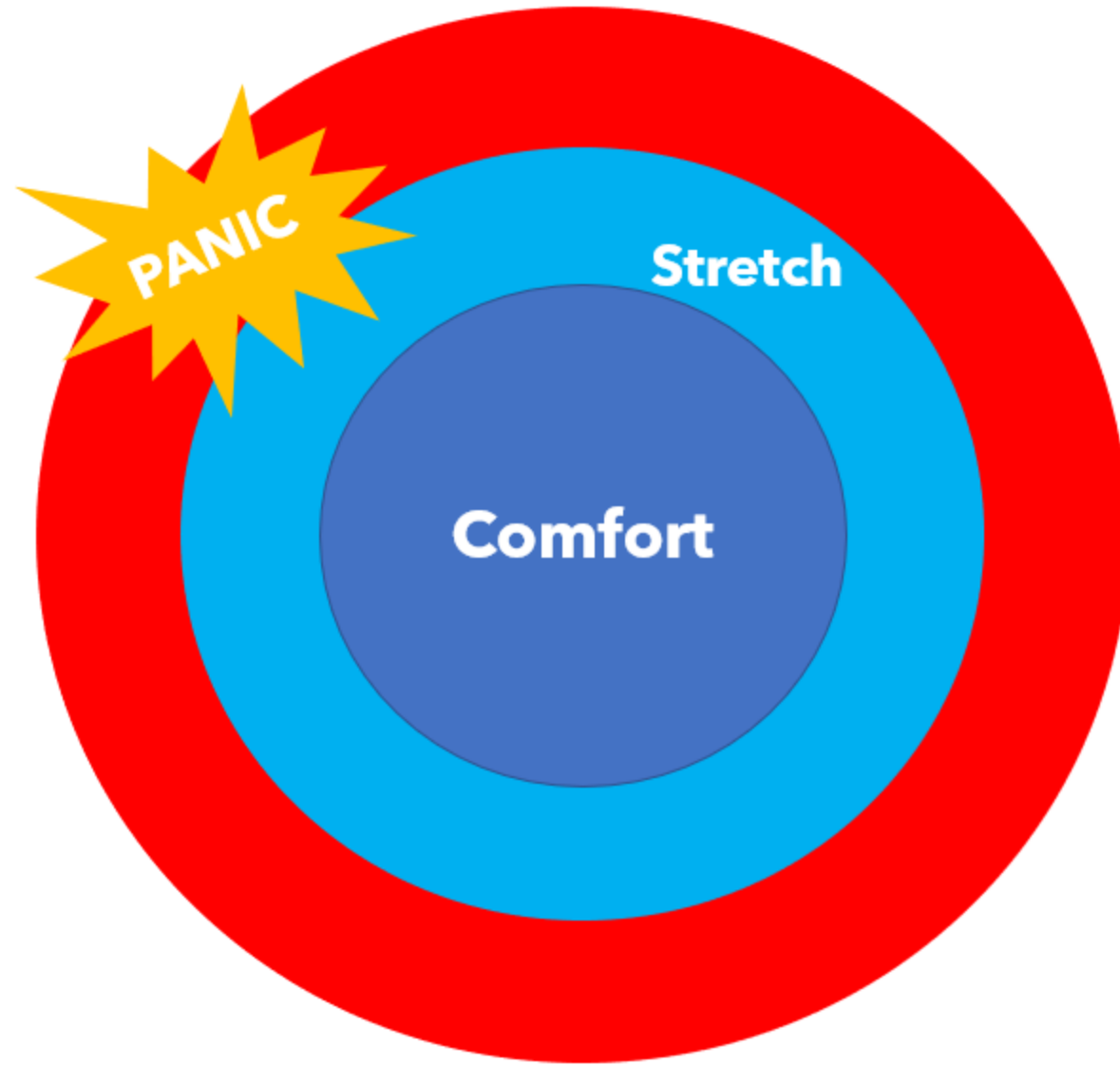






**Comfort**

**Stretch**





House of 1000 Fionas

@cogentanalysis

Oh weird, I wonder if it could be all the trauma



People are developing trauma-like symptoms as the ~~pandemic~~ wears on world

NPR · 6d



Jacob Spiegel

@jacobroyspiegel

“It’s just one of those weeks” I tell myself, having picked a career that does not seem to have the other type of week.



A photograph showing a row of palm trees being blown over by a strong storm. The trees are leaning significantly to the right, and their fronds are blowing in the same direction. In the foreground, a street lamp is visible, also leaning. The background is a hazy, overcast sky, suggesting a heavy storm or hurricane. The overall mood is one of destruction and chaos.

**How does trauma affect students' identity development? (Shalka, 2019)**

<b>Pseudonym</b>	<b>Trauma Experience(s) in College</b>	<b>Race</b>	<b>Gender</b>	<b>Sexual Orientation</b>
<b>Aria</b>	Sexual assault, mental health, physical manifestations	Asian American	Gender fluid (pronouns they/them/their)	Fluid
<b>Beth</b>	Suicide of her father	White	Female	Heterosexual
<b>Jessica</b>	Serious car accident resulting in uncle's death, father's hospitalization, mother's suicidal ideation	White	Cisgender Woman	Bisexual/pansexual/queer
<b>Juan Carlos</b>	Stress of sophomore year, coming out process, and suicidal ideation	Hispanic	Man	Gay
<b>Lauren</b>	Identity-based trauma in several confrontations with her church about her sexual identity	White	Woman	Queer
<b>Liv</b>	Suicide of her close friend	White	Woman	Heterosexual
<b>Natasha</b>	Trauma of extreme shaming and stress environment	African American	Female	Straight
<b>Robin</b>	Father's death to cancer	Caucasian	Female	Straight
<b>SJ</b>	Sexual assault	Black/White	Female	Lesbian
<b>Tyler</b>	Severe car accident	Caucasian	Male	Heterosexual
<b>Violet</b>	Sexual assault	White	Female	Straight
<b>Zoe</b>	Father's chronic illness	White	Female	Heterosexual

Two interviews +  
visual mapping  
(identity *before* and  
*after* experience of  
trauma)

Grounded theory

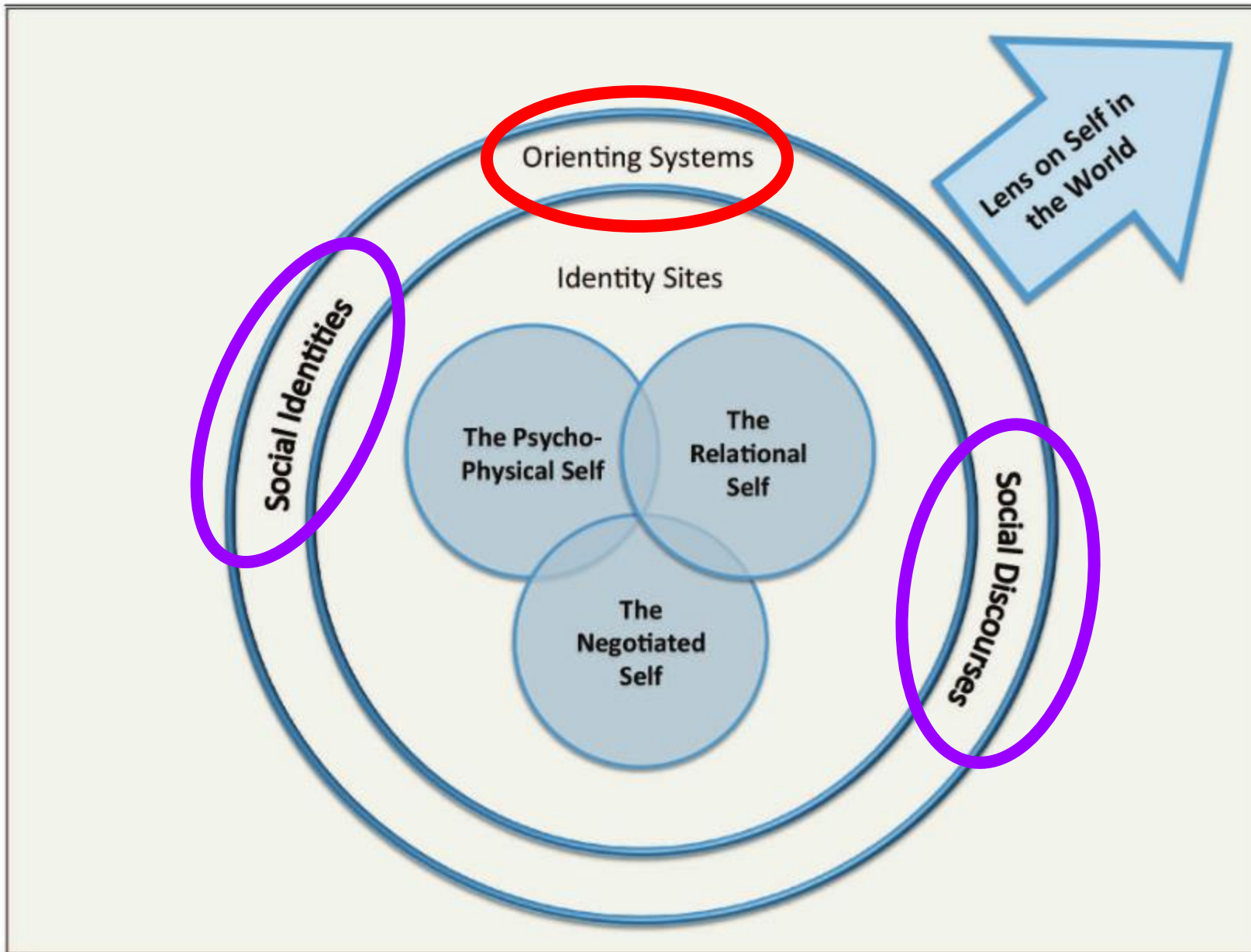


Figure 1. Grounded theory model of how college trauma affects identity development.

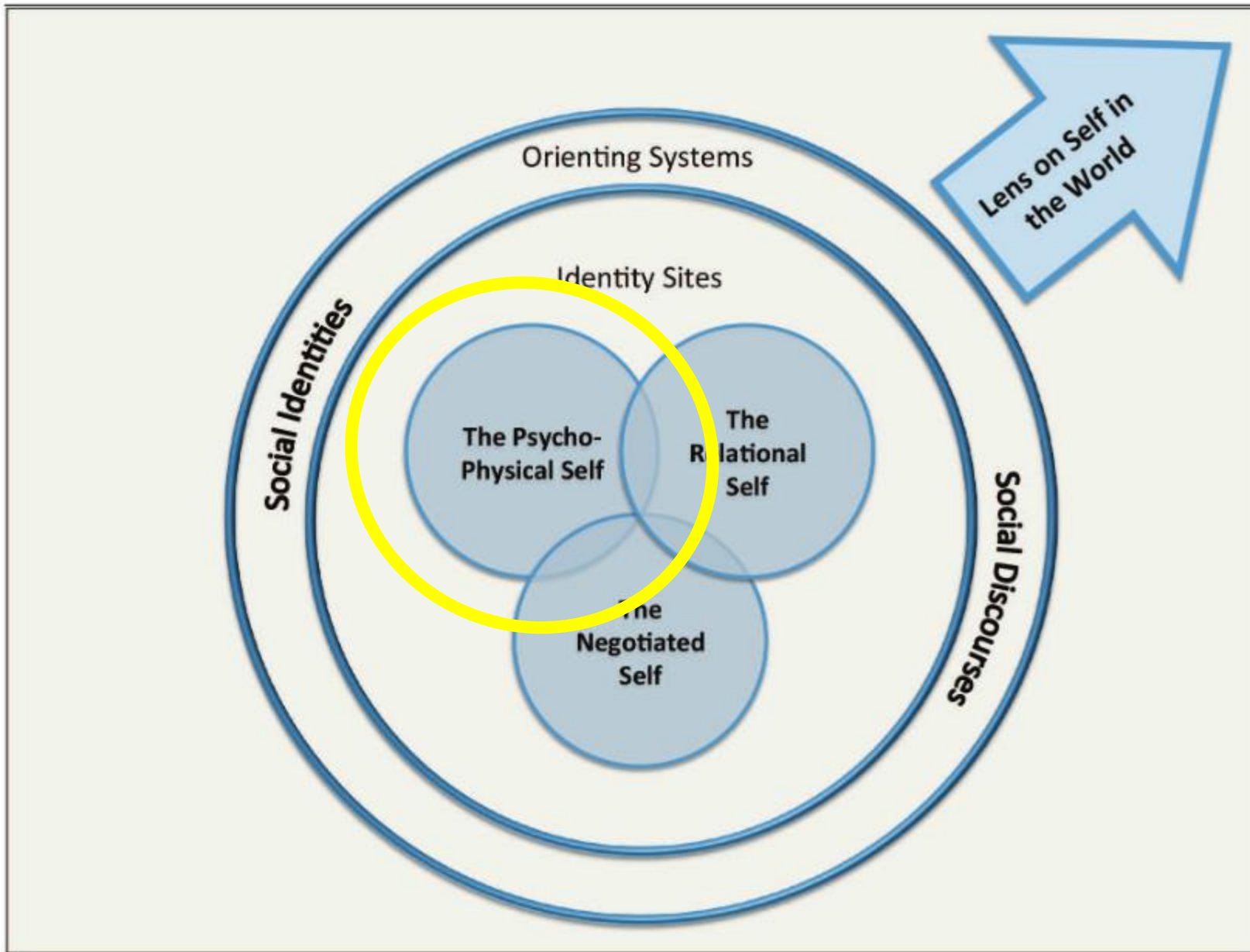


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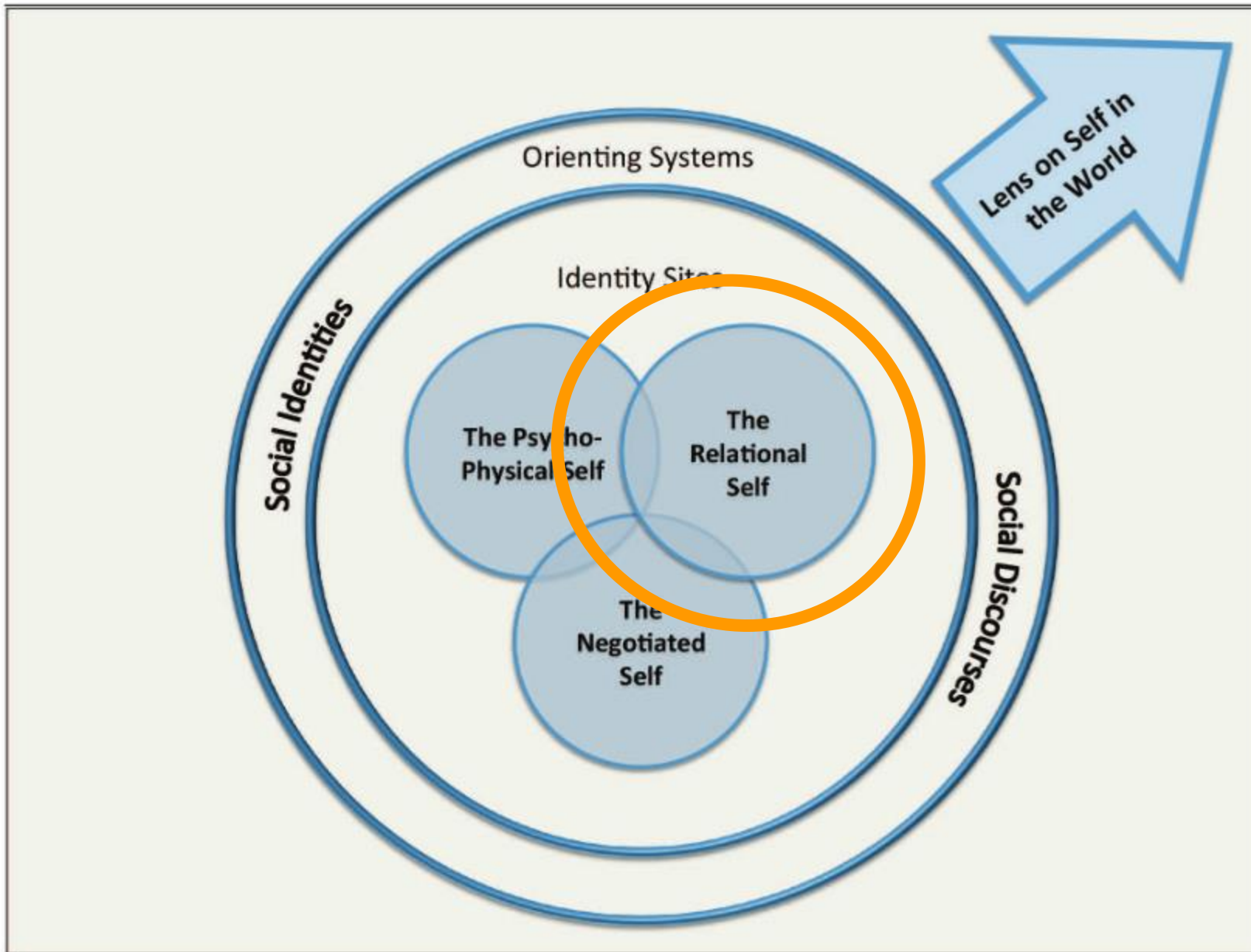


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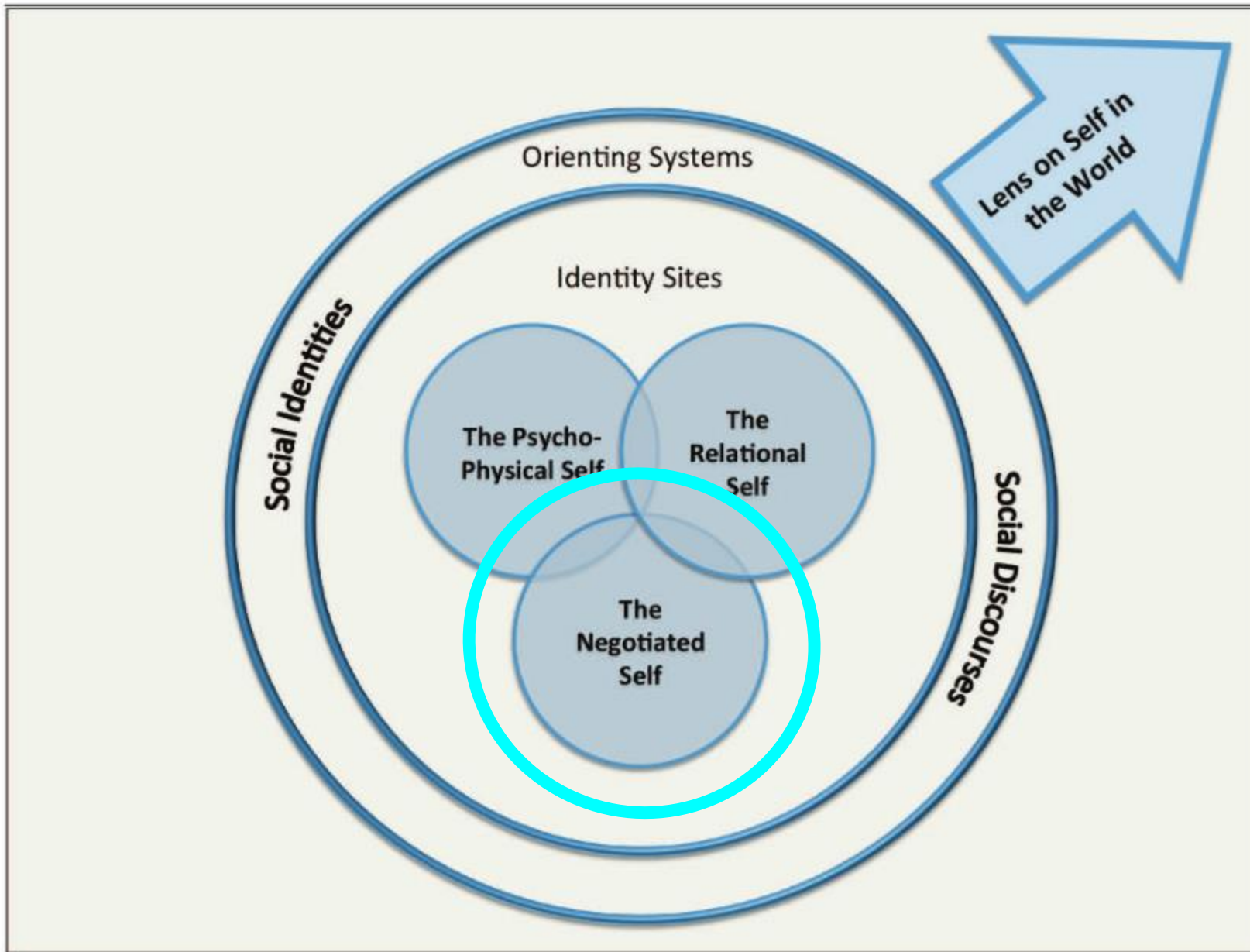


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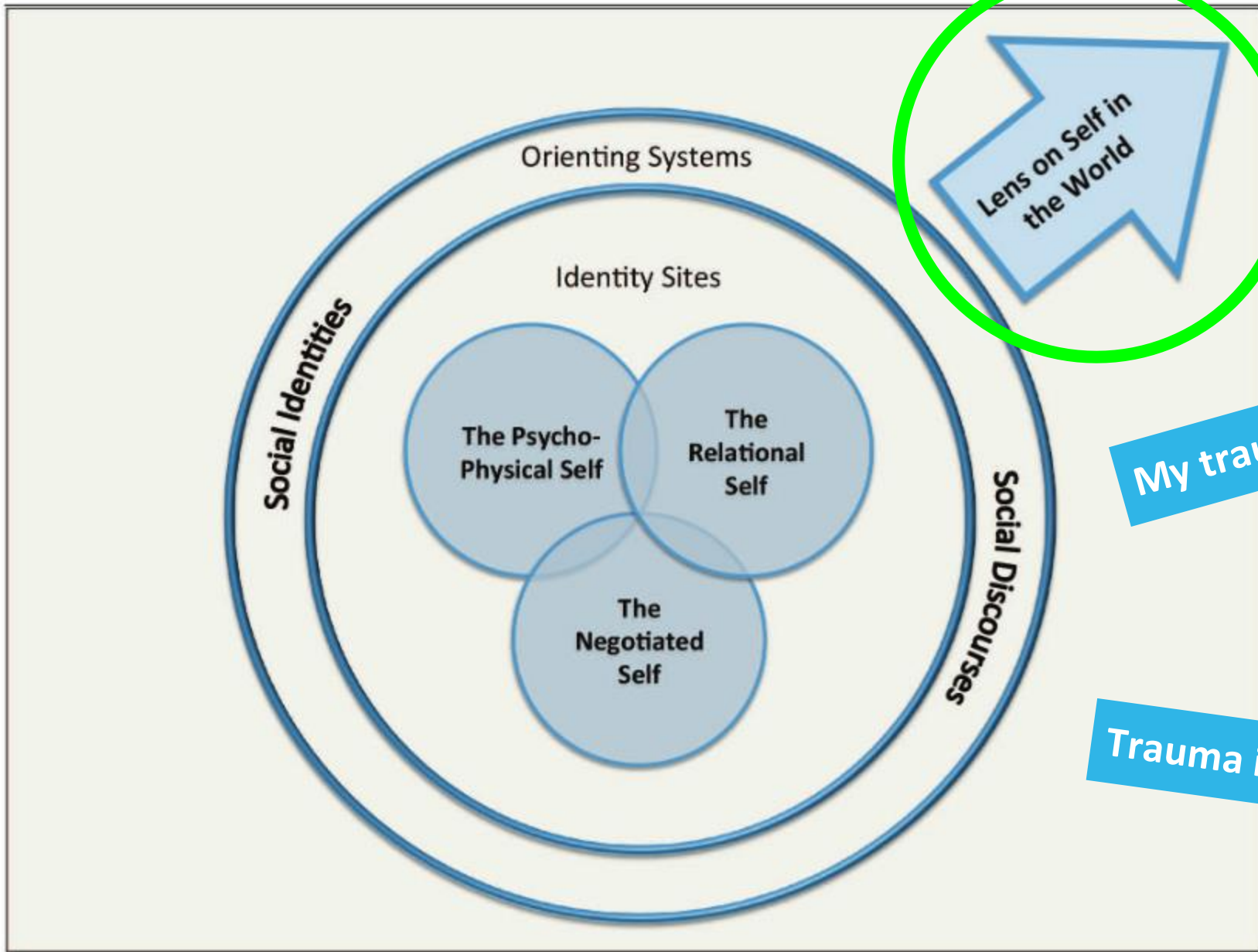
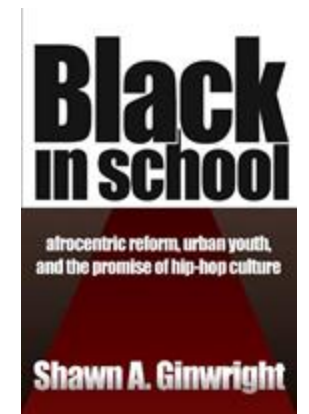
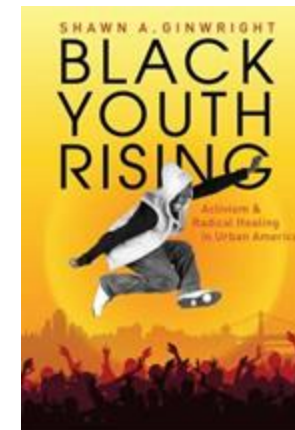
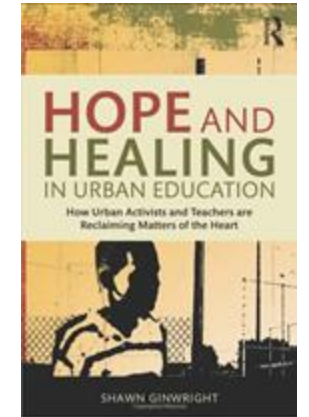
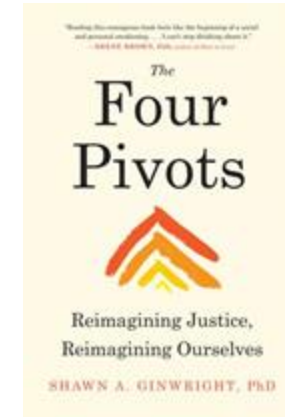
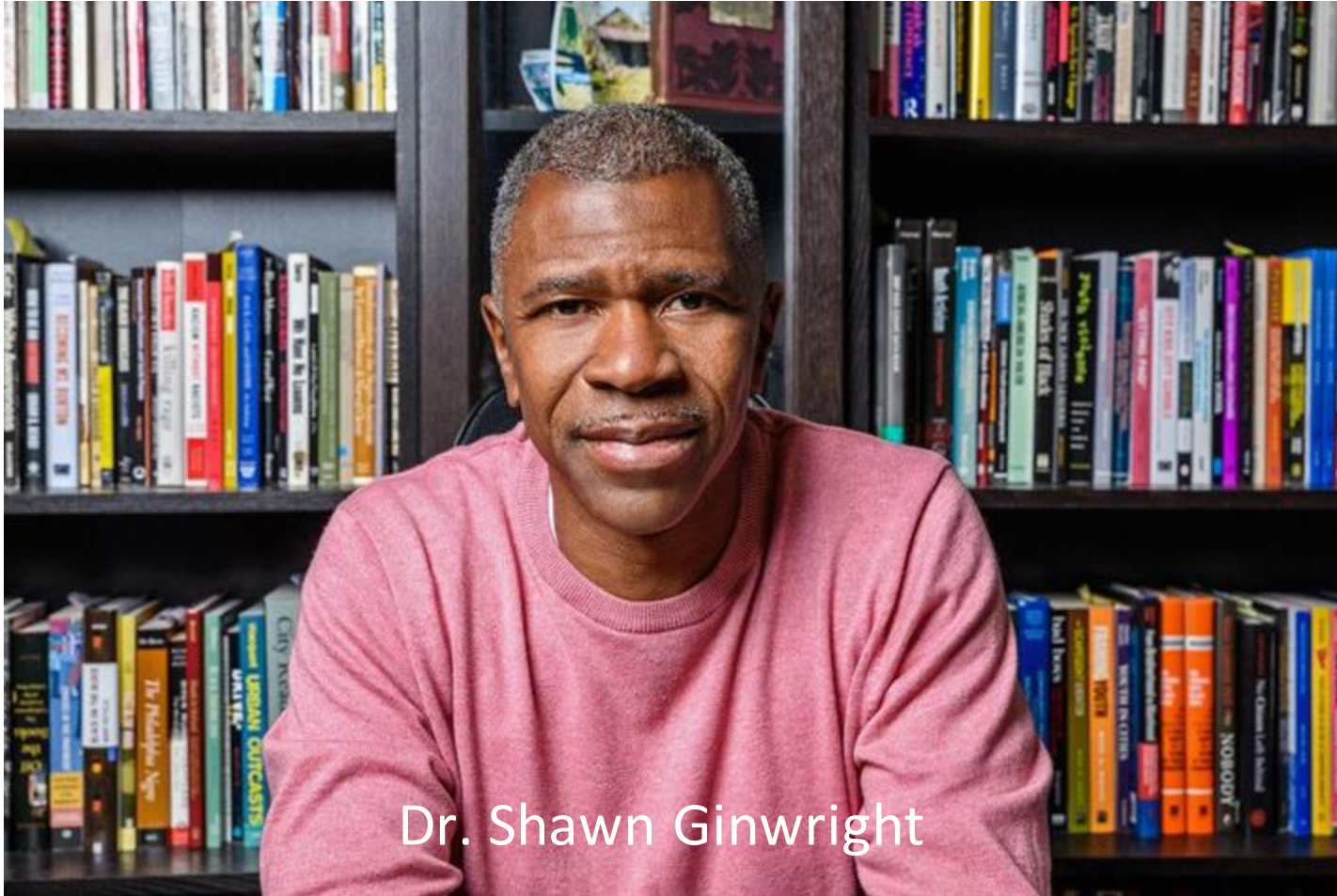


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# “The Future of Healing: Shifting from Trauma Informed Care to Healing Centered Engagement”





Trauma-Informed Practice

Healing Centered Engagement



Trauma-Informed Practice

Healing Centered Engagement

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# Trauma-Informed Practice

# Healing Centered Engagement

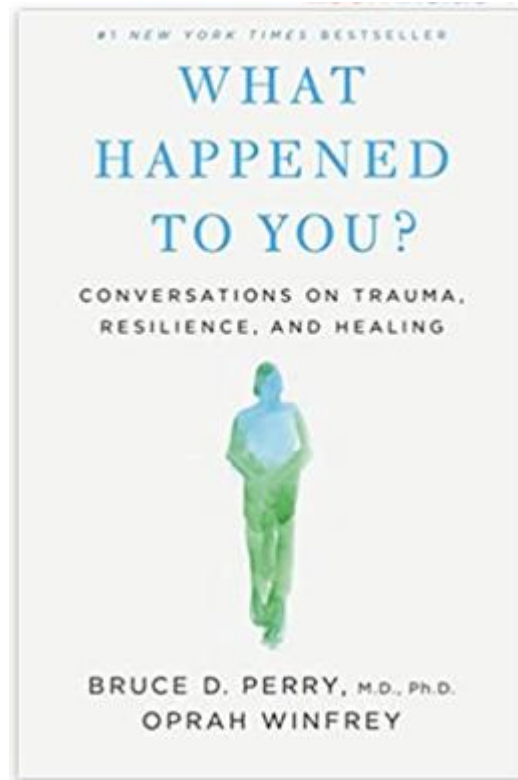


# Trauma-Informed Practice

# Healing Centered Engagement

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Asks *“what happened to you?”*



Trauma-Informed Practice



Healing Centered Engagement

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Asks *“what happened to you?”*

Asks *“what is right with you?”*

## Trauma-Informed Practice

## Healing Centered Engagement

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Deficit-based, focused on harm

## Trauma-Informed Practice

## Healing Centered Engagement

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*Asks “what happened to you?”*

*Asks “what is right with you?”*

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Can pathologize the person,  
reduce them to their trauma

## Trauma-Informed Practice

## Healing Centered Engagement

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*Asks “what happened to you?”*

*Asks “what is right with you?”*

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Asset-based, focused on healing

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## Trauma-Informed Practice

## Healing Centered Engagement

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*Asks “what is right with you?”*

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## Trauma-Informed Practice

## Healing Centered Engagement

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Doesn't address environmental  
contexts or root causes

Necessitates action to change  
structures and cultures of harm

# Four Key Elements of Healing Centered Engagement

1. HCE is asset-based and focuses on well-being, not symptoms
1. HCE supports providers in their own healing
1. HCE is explicitly political
1. HCE is culturally grounded and approaches healing as the “restoration of identity”



CHARACTERISTICS  
— OF —  
**WHITE SUPREMACY CULTURE**

A CULTURE IS A WAY OF LIFE OF A GROUP OF PEOPLE

The behaviors, beliefs, values & symbols that they accept.	generally without thinking about them	&	that are passed along by communication and imitation from one generation to the next.
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**POISON**

SYMPTOMS & ANTIDOTES

[dismantlingracism.org/white-supremacy-culture](http://dismantlingracism.org/white-supremacy-culture)

**DON'T  
BREATHE  
IT IN**



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**PANIC**

**POISON**

SYMPTOMS & ANTIDOTES

[dismantlingracism.org/white-supremacy-culture](http://dismantlingracism.org/white-supremacy-culture)

**DON'T BREATHE IT IN**

# Radical Healing - Centering Racial Trauma Amongst BIPOC Communities



## Trauma-Informed

What happened to you?



## Healing-Centered Engagement

What is right with you?



## Radical Healing

What are the possibilities for the present and future collective?



**Interlocking Systems  
of Oppression & Hate**

**Critical Consciousness**

**Envisioning Justice &  
Liberation**

**Strength & Resistance**

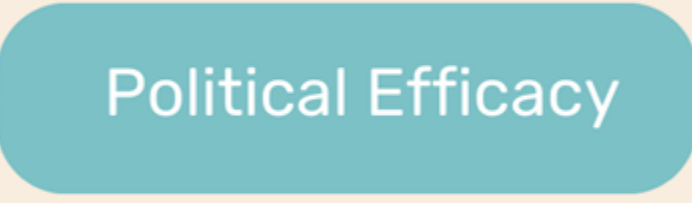
**Cultural Authenticity & Self-  
Knowledge**

**Emotional and Social  
Support**

**Radical Hope**

**Radical Healing**





**RADICAL HEALING**

**CULTURAL AUTHENTICITY &  
SELF-KNOWLEDGE**



# RADICAL HOPE



Radical  
healing

Strength & Resistance

VS.

Resilience

- Reflects commitment to living joy-filled lives **despite** a critical awareness of racial trauma & oppression
- Acknowledges strength of oppressed peoples

- Individual level
- Does not promote transformative collective healing
- Coping (can lead to masking)

# EMOTIONAL & SOCIAL SUPPORT (COLLECTIVISM)





# Radical Healing in Practice



## Empathic Spaces

Enable **healing and transformation** to emerge through testimony



## Bear Witness

**Sit through your own discomfort** as you listen and bear witness to the pain experienced by our BIPOC community members



## Critical Self-Reflection

Engage in specialized training and critical reflection of your own racialized identity **and your socialization within it.**

## Reflect & Record

How do Title IX approaches, procedures, or systems stand in the way of student healing?

What knowledge gaps do I have in my understanding of and approaches to responding to trauma?

How might the ideas, assumptions, or beliefs encapsulated in our language and practices actually limit healing?

How might our current systems cause harm? What alternative systems can we explore?

Who do I need to become so students trust me?

- How do I understand my own positionality (in particular, historically privileged identities—whiteness) and how it impacts my work with students?
- How do I interrogate and leverage my privilege to a) stop perpetuating harm and b) foster healing on my campus?

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What would culturally-sustaining responses and support services look like on our campus?

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