Living Beyond the Wounds: Recovery & Tools for Emotional Survival

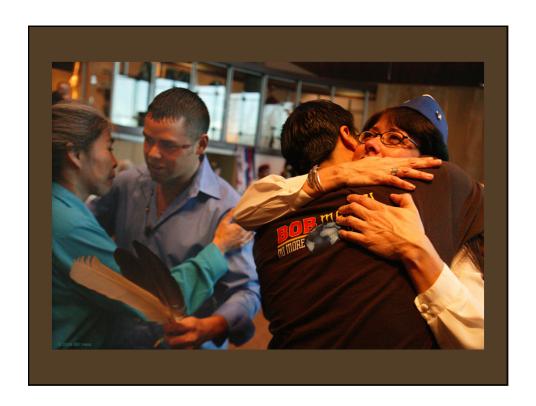
A Presentation for

Justice for Victims of Crime Conference

by

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Face the Truth of Your Needs

A human being has the,

- Need to be valued
- •Need to be of value
- Need to belong
- Need for human contact

Basic Self Care – the Native Way

The Healing Elements: Water, Fire Earth & Air

Water – Drink it, Feel it Fire – Warm with it, Cook with it Earth – Gather from it, Walk in it's beauty Air – Breathe it

Water, Fire, Earth & Air are guiding principles

Just like HALT is to a 12 Step Program, let these be your guiding principles for your healing plan

It's about keeping

your spirit,

your compassion,

your life

intact

Build Your Own Healing Tool Kit

Some Approaches:

- •Make a Day of R&R each week (Rest & Relaxation!)
- Sleep with Hope
- •Rise with Gratitude
- •Walk with Mother Earth

About Community

Get Off Face-book

Touch is Healing: Meet - Make Human Contact

- •Is Your Recovery TOO Serious?
- Native Food
- •Culture Night at Your House
- •Say Hi to the one alone

References for Additional Tools and Learning

- "Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others" by Laura van Dernoot Lipsky with Connie Burk, Berrett-Koehler Publishers, Inc., 2009
- •EFT (Emotional Freedom Techniques) for PTSD (Post-Traumatic Stress Disorder) by Gary Craig, Energy Psychology Press, Fulton California, 2008 www.emofree.com
- •ACES Paper "Traumatic Stress Experiences: Context and Measurement," Prepared for the Institute for Circumpolar Health Studies by Quenna Szafran and Mike Healey, August 2012 (Or Google)
- •"Sharing Our Stories of Survival: Native Women Surviving Violence," edited by Sarah Deer, Bonnie Clairmont et. al., Altamira Press, New York 2008 (Tribal Law & Policy Center)