


Grounding Exercise

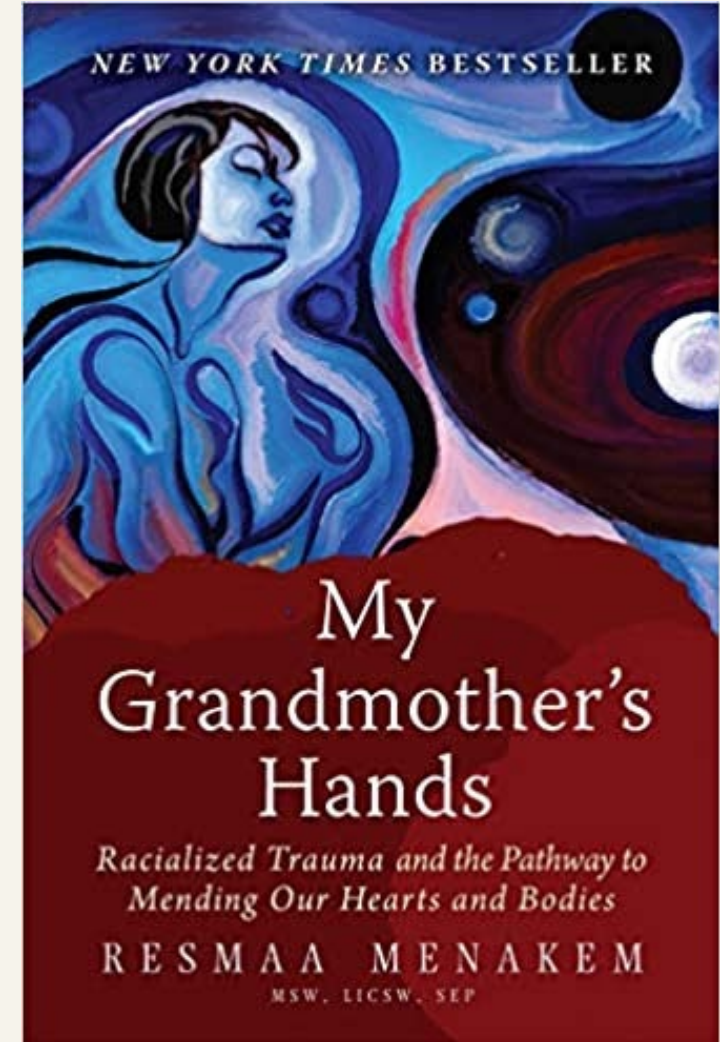


Question 1 – Margeaux & Nicole

- How do you approach trauma-informed and embodiment work – the work of connecting mind and body?
 - What kinds of practices fall under this work in the communities you serve, and how are they linked to the broader work of addressing GBV?
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- A decorative graphic at the bottom of the slide consisting of several overlapping, wavy, organic shapes in shades of purple and magenta, creating a modern, abstract background element.

WHAT IS TRAUMA?

"Trauma is the body's protective response to an event—or series of events—that it perceives as potentially dangerous. This perception may be accurate, inaccurate, or entirely imaginary." Resmaa Menakem (2017)



TRAUMA & THE BODY

1

Advances in neurophysiology show that trauma produces an increase in stress hormone activity and recalibrates the brain's alarm system (the amygdala) to be constantly activated.

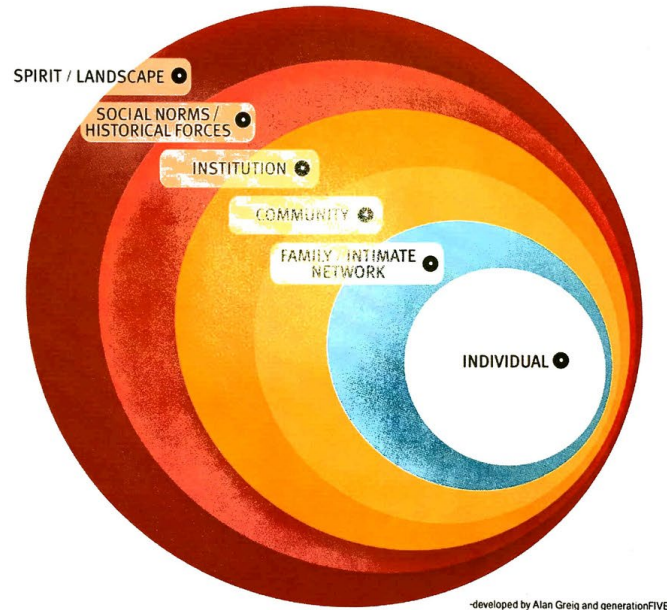
2

When our nervous system is in a constant state of stress, our body will compensate by slowing down bodily functions deemed non-essential, which include digestion, bowel mobility, and detoxification.

3

Trauma specialist Gabor Maté has shown that there are other diagnoses that can emerge from untreated trauma including multiple sclerosis, Crohn's disease, autoimmune disorders, fibromyalgia, endometriosis, and ALS.

Sites of Shaping / Sites of Change



generative
somatics

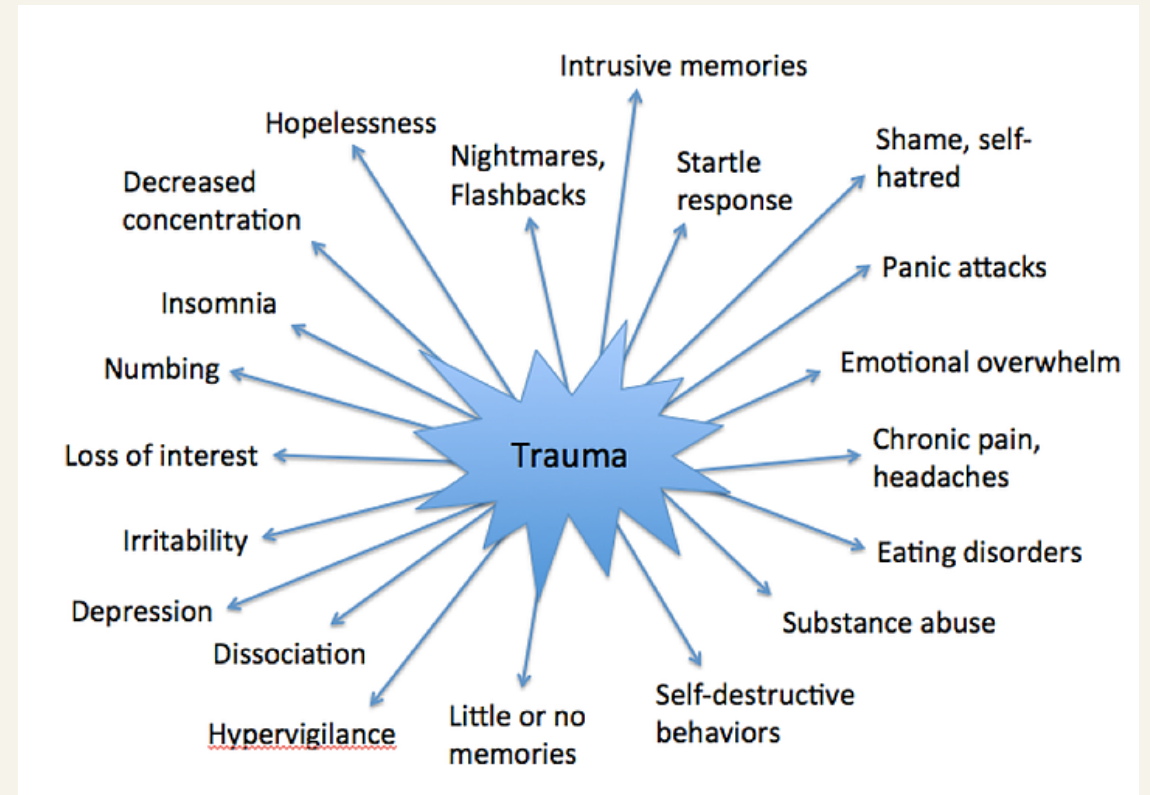
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GENERATIVE SOMATICS

A politicized form of somatics that acknowledges that trauma comes from and is exacerbated by social, cultural, political, and ecological forces which have been shaped by systemic oppression, including (but not limited to) racism, homophobia, transphobia, misogyny, capitalism, and imperialism.

REFRAMING SYMPTOMS

"It would be rare in the mental health treatment world to think of these symptoms as adaptive strategies made possible by the body's instinctive survival defenses. But from a neurobiologically informed perspective, they are survival resources, ways that the body and mind adapted for optimal survival in a dangerous world." Janina Fisher, *Healing the Fragmented Selves of Trauma Survivors* (2017)



The Embodiment Perspective to GBV: Resistance and Impact Awareness Training

Trauma informed care as leaders, is human centered, evidence based and strength based. Trauma informed care may be the new standard in all professions, while consciously working to honour the lived experiences of ourselves and others. It may demand an ongoing commitment to recognize our place/power/privileges in the system you may be working in.

Embodying a culture of critical self-reflection and radical self care so we can engage in radical community care, with love and integrity.

[TEAO Canada Training & Impact Awareness Trainings](#)



Will we embody the learnings? How do we begin to care versus be informed and sympathetic?

The Reboot: People's thoughts and perspective are through a lens of helplessness and this fear/hate and lack of empathy is overshadowed by people's disconnection to self therefore using a cognitive mind frame to explore an embodied issue when it comes to mental health care or gender violence related issues may be counterproductive.

Violence is bred from hate (which is fear) What we once feared as children we hate as adults (the birth of this word from a psycho-somatic and psychodynamic viewpoint. So we become curious about our fears (and the story that lives in there)

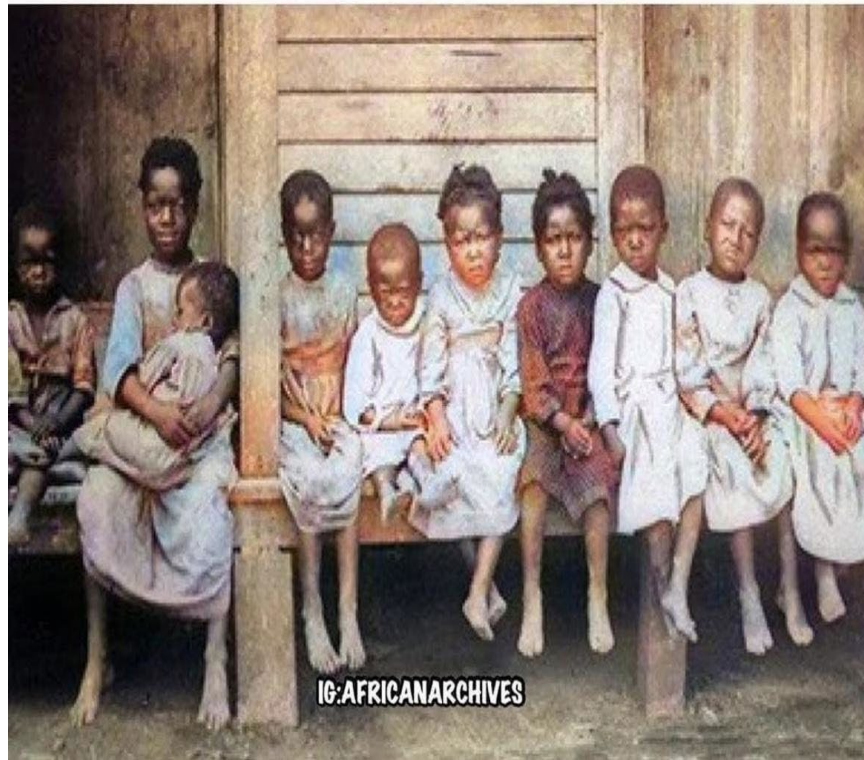
Responsive Care and Impact Awareness

Historical Reference: Slavery and Gender-Based Violence debunking, destigmatizing and educating from a trauma responsive lens - the 13 year old girl story-tell and history sharing and what has manifested into our culture and what it appears like today is a trauma response of a or a survival adaptation response to get through the era that has been mischaracterized as our identity. This violence has an imprint and can be traced in our epigenetics of the objectifying on the body and nervous system - in turn trauma responsive in behaviour (hyper-independence, hypervigilance and distrust, shame) the birth of power dynamics relationally - we are in relationship to the system as individuals (a system that was not built with us in there, so to speak.)

Discuss hate, intentional harm and unintentional harm versus impact; What is fear, projections and learned helplessness and learned responses.

To combat the high rate of death among slaves, plantation owners demanded females start having children at 13.

By 20, the enslaved women would be expected to have about five children.



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An enslaved woman was a sex tool beneath the level of moral considerations.

She was an economic good, useful, in addition to her menial labor, for breeding more slaves. To attain that purpose, the master mated her promiscuously according to his breeding plans.

The Master, his son(s) and other members of his family took turns with her to increase the family's fortune & to satisfy his extramarital sexual desires. Guests and neighbors were also invited to this luxury.

As an inducement, plantation owners promised freedom for enslaved female once she bore 15 kids

Also The brutal enslavers also castrated Black males and use black females for gynecological research all while not providing them with anesthesia.

J. Marion Sims "the father of modern gynecology" purchased Black women slaves and used them as guinea pigs for his untested surgical experiments.

He repeatedly performed genital surgery on Black women WITHOUT ANESTHESIA because according to him, "Black women don't feel pain."

Anarcha, one of those women, was an African-American slave woman who was forced to regularly undergo surgical experiments while positioned on Sims' table, squatting on all fours and FULLY AWAKE without the comfort of ANY anesthesia.

Trauma may be one of the most avoided, ignored, misunderstood and underrated cause of human suffering.

Gender History:

13- year old black girl (circle of intersectionality and the complexity, allow this image of the 13 year old black girl who becomes an adult in a queer body, transbody, black hetero-body) during slavery and the history (the slave system and gender violence embed in the legality attached created systemic way of being, which was designed through a matter of POWER not justice perhaps creating an illusion in which we began to believe based on acts of rebellion against the slave system.

Trauma may be one of the most avoided, ignored, misunderstood and underrated cause of human suffering.

Gender History continued:

Someone down my ancestry line survived being chained to other human bodies for several months in the bottom a diseased-infested ship during the middle passage, lost their language, customs and traditions, picked up the English language as best as they could while working free of charge from sunup to sundown as they watched babies be sold from out of their arms and women raped by ruthless slaveowners. Just about only - 400 years ago which due to the the systemic history, has been invisibly woven into the how our survival and displacement may have been mischaracterized as our identity.

More Gender History, Objectification & Not Being Allowed to Feel History:

Pregnant by fellow inmates or prison officials. Due to being with males in when incarcerated for not following the slavery rules. Black women could keep the child until the age of 10 when their child were sold off/auctioned off, most of the buyer ran the penitentiary or were officials - the proceeds were used to fund school for white children.

Our history may have been formed around the the privileged race. Meaning that the privilege may have come from how white bodies were indoctrinated and imprinted through privileging the Self. For example, “the systemic relationship may ensure that ideas, thoughts, actions and beliefs of ideologies like violence might tend to always frame around rights for non-racialized bodies and black folks and racialized bodies, violence may be framed around “crime”. This may be an ideology - non-racialized bodies and the ideas, thoughts, beliefs, and actions that dominates society at the exclusion of others.


More Gender History, Objectification & Not Being Allowed to Feel History con't:

Resistance Training Inquiry: You might not be able to make any changes until you realize how it affects you. How the past affects the present.

A Mental Note: Becoming aware of privilege should not be viewed as a burden or source of guilt, but rather, an opportunity to learn and be responsible so that we may work toward a more just and inclusive world. When we speak of privilege or whiteness it isn't that we are speaking to people in white bodies. It is that we are speaking to imperialism, colonization and the insidious ways it shows up in or our behaviours that impact our ability to be whole and human with ourselves and with another.

Question 2 – Nicole

Trauma-informed and embodiment work can sometimes do more harm than good, especially when we consider certain communities and individuals who are facing chronic systemic barriers and intersectional harms (poverty, racism, exclusion etc.). **How do you navigate this reality in your work and practice to address these intersectional and systemic challenges among historically ignored communities?**





Fear and Power

INTERSECTIONS

Discrimination and Disempowerment; Power + Prejudice

“When we identify with our privilege and where it intersects with somebody else’s oppression, we will find our opportunity to make real change” - Ijeoma Oluo, So You Want to Talk About Race

Gender based violence trainings may have more to do with connecting to the embodiment praxis and a deep willingness to be uncomfortable. Embodying the questions and answering as a collective: What do you feel about the invisibility of racialized bodies or the hypervisibility on transbodies?

How do we “do” gender? How can we “undo” gender — and do we want to?”

- **Oppression** is feelings of helplessness /unheard in a system (where are individuals and communities feeling helpless /historically unheard)
- **Equity** might be spaces for voices to tell systems and places of power what they need and to have their needs met or heard, recognition of oppression in the first place
- **Systemic Helplessness** (Trauma) (institutionalized helplessness)
- **Institutional Helplessness** (Trauma) (hierarchy and powerlessness)
- **Equity, Diversity & Inclusion** (decentring conversations bringing voices into the outcomes)
- **Systemic Change** is the change that transforms how the whole system functions, with all its components and the relationships between them.


What makes you uncomfortable?

Let's walk away to take a moment to identify them and own them.

These are what you may be “carrying” (stories attached to feelings, guilt, shame fear in your nervous system/in your body)

If you are not carrying these you may be making others responsible for them through unconscious behaviours (unintentional harm) ie. stuck, “fixing”, bullying, toxic, unempathic, no compassion.

Question 3 – Margeaux

- In your work developing educational digital resources, what are the key messages and highlights that you aim to share with the public about embodiment and trauma-informed practices?
 - How can the digital aspect of this work challenge the reality that this work is not always available and accessible across communities?
- 



SOFTCORE TRAUMA





Softcore Trauma Commu... ▾

🖐️-welcome-video

Home for the Welcome Video! Please drop any questions you might have ove... 🔊 🔔 📌 👤

📅 2 Events

START HERE +

🖐️-welcome-video ⚙️

🖐️-community-agreeme...

😊-intros

🏳️‍🌈-pronoun-picker

TEXT CHANNELS +

🎯-general

🚌-academia

📖-book-clubs

🏠-CareWork

⚓-card-of-the-week

Pleasure

Imagination

Dream

🎉-celebration-corner

🎨-craft-and-cry

🌟-daily-goals

🍆-erotic-space

Margeaux... Online

👤 Margeaux

04/29/2024 4:52 PM

<https://youtu.be/OEKv--ejb6k>

YouTube

Margeaux Feldman

Discord Welcome

Software Trauma Commu... 🖐️-welcome-video

community agreements

Take care of you, whatever that looks like. During our live gatherings, remember that you know you better than anyone else. If you need to keep your screen off, great. If you need to get up and stretch or lie down on the floor, great. If you need to eat or use the bathroom, great. So long as you're not disrupting the group, I celebrate you in honoring whatever your needs are during our time together.

Margeaux: Meet people where they're at. Some of us come with different lived experiences.

Accept non-negotiable and non-negotiable. I cannot ask you to do anything other than my own lived experience. I'm a human who has done a lot of work on the things covered in these sessions. And I don't have all the answers. I want to hope is that you can meet me with generosity. I also can't wrap my head around it. We're all on this journey together.

Please be aware of the intersection of power and privilege that you hold. During our live chats, I will ask that white folks, and especially those who've experienced forms of privilege, wait before asking questions. I want to do my best to practice questions from Black, Indigenous, and People of Color, as well as those who are queer, trans, and disabled. White folks must stay out of the BIPOC-only spaces. I ask us all to consider how white supremacy lives within us and how that informs how we engage with Black, Indigenous, and People of Color.

Respect each other's boundaries. If someone shares that they're no longer interested in engaging in a conversation with you / the group, respect that. If you asked someone if you could DM them to talk privately and they say no, celebrate their boundary and respect their wishes. If someone has made it clear that they do not want advice, do not offer advice. If you're not sure what someone's boundaries are, always ask! It's so nice to give the other person the autonomy to let you know what feels good and what doesn't.

👏 16 ❤️ 18 👍 4

👤 Margeaux

<https://youtu.be/OEKv--ejb6k>

+ Message # 🖐️-welcome-video

📺 GIF 🗨️ 🤖

- # 🎉-celebration-corner
- # 🎨-craft-and-cry
- # 🌟-daily-goals
- # 🍆-erotic-space
- # 🎮-gamers
- # ✨-glimmers
- # 🎭-grief-space
- # ❤️-intimacy-relationships
- # 📖-journal-prompts
- # 🔑-kinky-space
- # 🖐️-liberation-space
- # 🎧-listening-recs
- # 🤭-mask-for-mask
- # 📧-meme-shares
- # 💰-money-stuff
- # 🗣️-monthly-q-and-a
- # 🏃-movement-and-physi...
- # 👤-mutual-aid
- # 👯-peer-support
- # 🐾-pet-shares

Question 4 – Nicole

- Based on your experience as Founder & CEO of Wounds 2 Wings and offering trauma-informed services in the community, how would you like to see this type of work integrated into the mainstream GBV sector?

TRAUMA RESPONSIVE

We learn to respond in our earlier life experiences in order to stay safe with people, in situations and during events (by default a learned helplessness that is trapped in our nervous system)

Control – how we respond to people and situations in order to stay safe

CONTROL: We control because we may be afraid of exposing a part of us that we haven't accepted yet. Five trauma responsive ways of being to control the wound i.e. people pleasing, micromanaging, being a workaholic, avoidance.





IMPACT AWARENESS

over-protecting, fixing, oversharing, overidentifying, feel stuck or going silent

Projections in the Behaviour (Invisible Power Dynamics)

"I begin feeling your story on my body" = projections.

- How do you know? The more healing work, internal journey you do the more you may become self observant and self aware of your responses and reactivity which means a better embodied understanding of where you start and end, so to speak.
- We may be busy working towards making the other person the object of our trauma response as opposed to being, to learn responding, holding spaces, authentic connections. They come from a place of heart/love the difference of a protective/adaptive strategy or defense mechanism, react to guard and protect, innate subconscious/most unconscious place.
- Our stories are interlocked in our fear responses - how we protect our history /memories unconscious until brought to subconscious/conscious

In other words, what we are not connected to we try to control through our fear responses.

Internal Work to Your Impact to the Agency

- Understanding how this might impact the type of support you offer to your team
- What's going on internally and how it may impact

Individuals create systems, systems don't create systems.



Performative work in communities may be an inadvertent way to escape from any shame/guilt associated with privilege (debunk privilege), so to speak, yet may want to state the work as part of the organization as opposed to feeling the meaning of the work- it may be imperative to do the internal work necessary to see how we are personally reproducing patterns of supremacy in order to explore how we may be able to give up this invisible or visible power - **control/protection vs. prioritization/resources** that may result in/or perpetuates unjust privilege.

Performative vs. De-Centering and Co-Regulating

A Food for Thought Pause

What can you learn from gender-based violence?

- We can learn life skills such as enhanced communication, conflict management, and problem-solving skills. These dynamics can help shift harmful gender and social norms that underlie gender-based violence.


Become curious about the way or ways in which you protect yourself - and which behaviours you inherited as a result.



So the truth is the more I
bypass my own feelings
the less understanding
I'll have for yours.



Question 5 – Margeaux

- Based on your experience in mobilizing knowledge around trauma and the body and creating digital resources, how could digital educational tools be integrated in the everyday work of addressing GBV in our sector?
- 

Question 6 – Margeaux & Nicole

- Our audience works in different contexts across diverse communities. What are some key takeaways or practices that they can integrate into their programming and projects to better support survivors?



ANCHORED: A DECK FOR HEALING

75 cards that represent a different anchor that can support you with your healing. Plus a 200 page guidebook with a practice for embodying each card.

Use it in sessions with clients by prompting them to pull a card at random, or flip through the deck and select a card that speaks to them.

You can then do the prompt together and share reflections based off of what came up during the practice.

COLOR TOGETHER

Coloring is an embodiment tool that helps us access our window of tolerance because we're a) being creative and b) doing something with our body

50 of my memes offering trauma-informed affirmations and other access points for talking about hard subjects

Available as a book and as digital pages that you can print out and have in your office, along with pencil crayons or markers, on your desk



OTHER TIPS

1

If running a program with a group, you can begin the session with a grounding practice, like a visualization, to help folks arrive. One of my favorites is to visualize your favorite place in nature and then move through the five senses.

2

When closing out a program or a session, ask participants to select an affirmation card and read theirs out to the group. <https://teenhealthsource.com/blog/resource-affirmations-deck/>

3

Remember that embodiment work has existed forever. That colonialism severed so many communities from these ancient practices. Always uplift our embodied knowledge.



"Healing work is the systemic change" - Nicole Brown Faulknor

Intimacy is at the core of peace.

People fear what they don't understand.

People attack what they fear.

Intimacy is curiosity with the intent to understand.

When we bring that curiosity within ourselves and the world around us, we can create the foundation that peace can stand.

What is the embodiment definition of Peace? An internal state of order and window of tolerance.

Gives space for duality and for two people to exist

Trauma & Embodiment Association of Ontario (TEAO Canada)



TEAO Canada is a start up non-profit organization that will provide high-quality, embodied, trauma-informed and culturally-competent services to youth, adults and families in Ontario, as a Processing Centre through our Peer-Led Services and Embodied Referral and Support Services. We are a psychological first aid training centre, embodiment education hub, and referral and assessment centre to integrate services where there are gaps in the system and services.

1. **Trauma Training Hub and Training Program**
2. **Continuing Education for Mental Health Professionals & Others**
3. **Community Outreach (with a self healing focus through the embodiment work that we bring to communities.)**

