A Trauma-Informed Response to reports of Sexual Violence.

November 2016
Overview of Session

- Introduction - Women’s Center
- Disclosure exercise
- What is a Trauma-Informed Response?
- How to provide support when you have to report?
- Questions
Women’s Center at VT

- Provides counseling, advocacy, accompaniment, consultation
- Serves students, faculty and staff impacted by Gender-Based Violence
- Serves women and men
Disclosure exercise

• Who did you tell?
• Who did you not tell?
• Why?
• What were you looking for?
What is a Trauma informed response?

• Being informed about and sensitive to trauma related issues in survivors.
• Utilizing this knowledge to inform our practice on and individual level and on an institutional level.
What does trauma look like?

- During trauma the brain detects threat and releases hormones.
- Fight, Flight, Freeze
- Scattered memory
- Counterintuitive behavior
Elements of a Trauma Informed response: (National Sexual Violence Resource Center)

- Safety
- Trustworthiness
- Choice
- Collaboration
- Empowerment
- Cultural Competence
How to support and report?

• **Explain your role.** Let them know you are there to support, give resources, and that you will have to report.

• **Listen** and **Believe.** Don’t judge. Keep questions to a minimum.

• **Support.** Offer **choices** for support and help. Provide information about support resources.

• **Report.** Let the student know you have to report this to the Title IX Coordinator.
Things you can say:

- I am glad you shared this with me and want to figure out ways to support you. How can I support you?

- The university takes sexual assault seriously and wants to make sure you have all the resources you need. I do need to let you know that I am required to notify the Title IX Coordinator about this.

- Administrators may want to talk to you to find out more information – this is to see what steps they can take for your safety and the community’s safety.

- I would encourage you to consider contacting the Women’s Center as they can support you in this process. Would you like me to help get you connected with the Women’s Center?
For more information:

- Sexual violence, relationship violence, stalking:
  - [www.stopabuse.vt.edu](http://www.stopabuse.vt.edu)

- Women’s Center services:
  - [www.womenscenter.vt.edu](http://www.womenscenter.vt.edu)
    - 540-231-7806
QUESTIONS?