



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?

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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 an 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

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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.



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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?

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For more information:

- Sexual violence, relationship violence, stalking:
 - www.stopabuse.vt.edu
- Women's Center services:
 - www.womenscenter.vt.edu
540-231-7806

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QUESTIONS?