

Human Trafficking: Healing Centered Care

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South Southwest (HHS Region 6)

MHTTC

Mental Health Technology Transfer Center Network

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Acknowledgement

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At the time of this publication, Miriam E. Delphin-Rittmon Ph.D., served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

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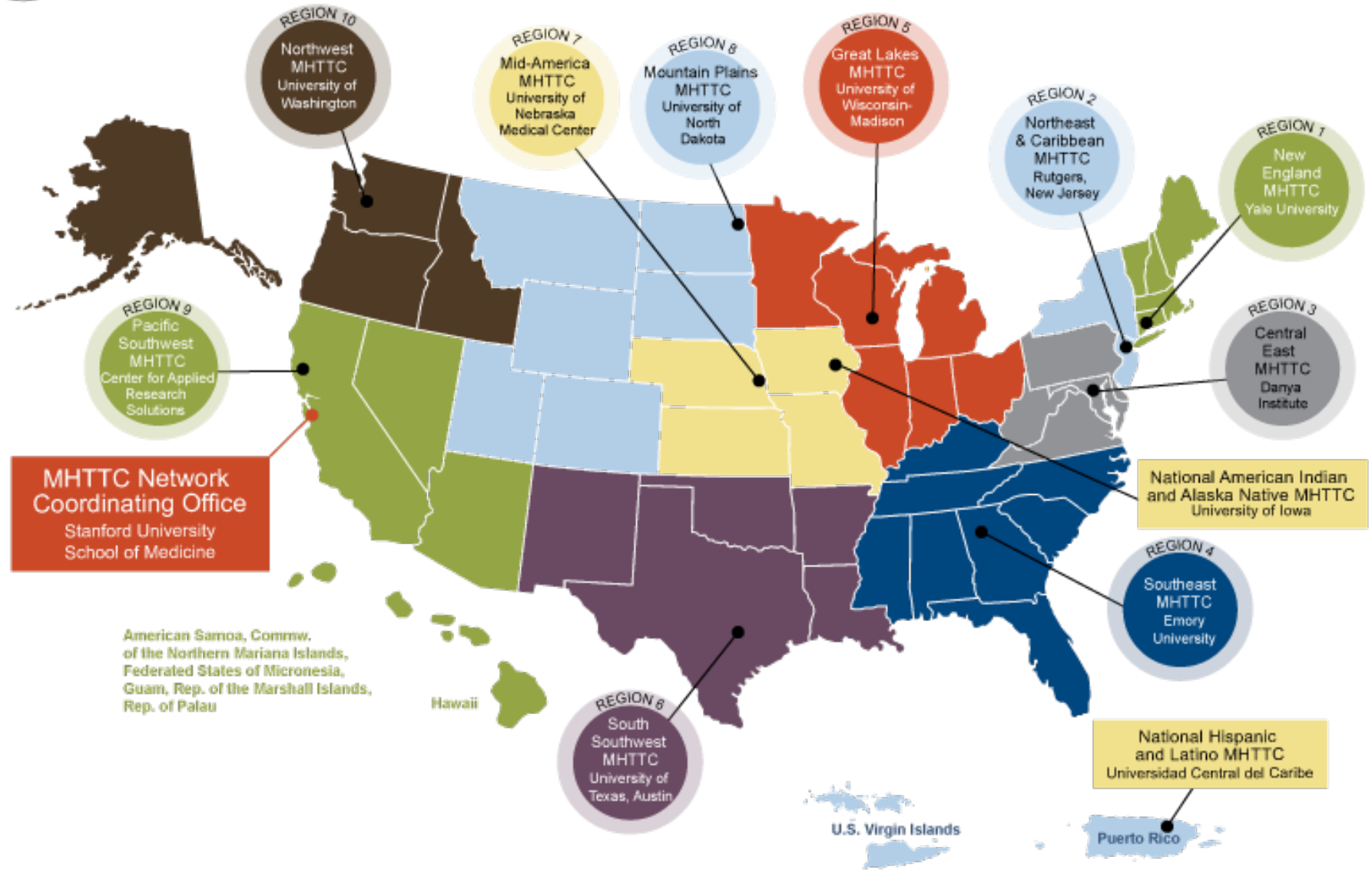
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MHTTC Network



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Housekeeping Items

- We have made every attempt to make today's presentation secure. If we need to end the presentation unexpectedly, we will follow-up using your registration information.
- Attendees are able to unmute.
- Have a comment? Use the **Chat**.
- Challenge by Choice
- Ready, Willing, Able to Co-learn?
- For participants who attended today's sessions, a certificate with 3 CEUs will be emailed to you within two weeks.
- Registrants are responsible for checking with their licensing or credentialing board to ensure acceptance of the CEUs issued.
- This session will not be recorded.



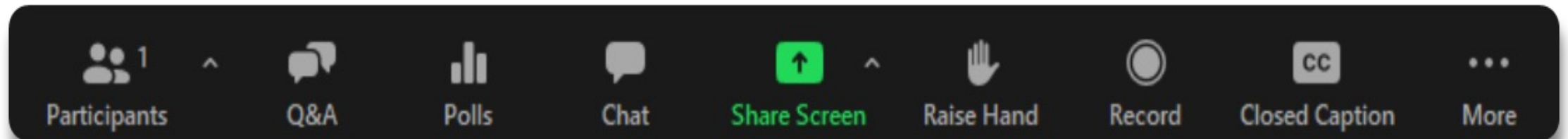
Housekeeping Items

- Please practice self-care activities throughout the program
- MHTTC staff will be available to answer questions specific to administrative protocols
- Have a content related question? Use the **Q&A**. (Note: Due to the number of participants in the session, we will make efforts to answer as many questions as possible.)

<https://988lifeline.org/chat/>

We have enabled closed captions during this event. Please click on the CC box in your zoom toolbar to find the option to enable captions individually.

We request that during this presentation, attendees utilize the chat box to network, comment on the session, and interact. Please utilize the Q&A box feature to ask questions. We want to make sure we can see the questions asked, so we ask that you use the Q&A box rather than the chat box.



This session will be recorded.




HEALING-CENTERED CARE

Heather Curry, Ph.D.

Marianne Thomas, Ph.D.

HEALING-CENTERED CARE: AGENDA

Time	Activity
10:00 AM	Welcome 10-minute Mindfulness Exercise Motivated Icebreaker: What helps you be present today? What might be standing in the way?
10:20 AM	Deeper Dive: What is Healing-Centered Care?
10:50 AM	Prewrite Discussion
11:10 AM	Breakout Group Discussions: Connecting the Dots
12:00 PM	Break for Lunch
1:00 PM	Action Sessions
1:45 PM	Reconvene for Large Group Discussion
2:10 PM	Time for Connection
2:20 PM	10-Minute Mindfulness Exercise
2:30 PM	Adjourn



REVISITING FOUNDATIONS FOR ENGAGEMENT

- What makes for a good conversation?
 - Respect for the other's dignity
 - Curiosity and humility
 - No judgment
 - Active listening
 - Listening to hear and understand, not to respond
 - Leaning in
 - Reflecting for understanding
 - Cognitive Empathy
 - Grace
 - Vulnerability
 - Courage
 - Patience

THE LOGIC BEHIND THE COURSE

- The trauma of human trafficking impacts all of us
- The healing from human trafficking requires all of us
- You are the agent in creating your own well-being; this is not an accountability narrative—it is an empowered narrative that joins you with others in collective healing
- AND you support the foundations of collective healing from the trauma of human trafficking
- You are part of a community, and as such, a steward of healing
- In order to support the foundations of healing for others, you need to also attend to your healing—how are you providing that kind of care for yourself?
- Today's session is as inwardly as it is outwardly focused

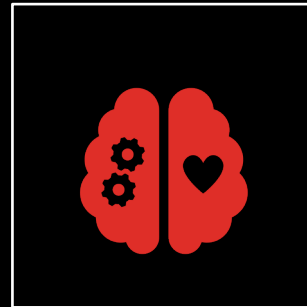
TRAUMA-RESPONSIVE TO HEALING-CENTERED

“A shift from trauma informed care to healing centered engagement (HCE) is more than a semantic play with words, but rather a tectonic shift in how we view trauma, its causes and its intervention.” (S. Ginwright)

[The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement | by Shawn Ginwright | Medium](#)



Trauma-Responsive: you anticipate that when trauma has occurred (trauma-informed), there will be a response.



Trauma-Responsive: you understand the response is reasonable within the experience of the person who sustained the trauma.



Trauma-Responsive: the care you provide meets the person where they are.

WHAT IS HEALING- CENTERED CARE?



Healing-Centered Care moves from individual trauma to collective processing



Healing-Centered Care is holistic



Healing-Centered Care rests on the central principles of community

HEALING- CENTERED CARE

- Healing-Centered: is assets or strengths focused. It moves from “what happened to you?” to “what are your strengths? What is right with you?” (S. Ginwright)
- Healing-Centered: focuses on well-being.
- Healing-Centered: situates those who experienced trauma as “agents in restoring their own well-being”. (S. Ginwright)



HEALING MODALITIES

Healing

- Healing-Centered Care can look like:
 - Complementary and Alternative Medicine (CAM)
 - Takes into account the body, the mind, the senses, external energy)
 - Techniques may pull from traditional alternative medicine, herbal remedies, yoga

Healing

- You are also a daily practitioner!
Healing-Centered Care can also look like:
 - Day-to-day conversations and interactions that start with the foundation of healing as an orientation

How might you do this?

HEALTH EQUITY AND HISTORICAL TRAUMA

- “...a collective complex trauma inflicted on a group of people who share a specific group identity or affiliation—ethnicity, nationality, and religious affiliation. It is the legacy of numerous traumatic events a community experiences over generations and encompasses the psychological and social responses to such events.” (T. Evans Campbell)
 - [Unearthing Historical Trauma to Advance Health Equity for Survivors of Human Trafficking - PMC \(nih.gov\)](#)
- Why it matters: we live with the ghosts in the nursery. Collective, historical trauma ignites all of us as agents in growing our collective well-being.
- Health equity is healing-centered.



THE MOVE FROM TRAUMA-INFORMED AND TRAUMA-RESPONSIVE TO HEALING-CENTERED CARE

- Discussion: Key takeaways
- Individual to Collective
- Internal to Collective
- Pathology to Possibility



- The importance of context
- What is your invisible lion?
- “... falling in love with the poignancy of being alive: taking the great injured heart of the world for my own and coming to respect the essential mystery of life” (Sutherland)
- Healing as an emergent property of a community

DISCUSSION

BREAKOUT SESSIONS



WHAT'S IN YOUR TOOLKIT?



HOW DO YOU CREATE HEALING
SPACES IN YOUR WORK? YOUR
HOME?



HEALING CIRCLES AND CYCLES

BREAK FOR LUNCH!





LARGE GROUP DISCUSSION

- What key takeaways and themes emerged from the breakout sessions?
- What can you add to your toolkit?
- What next steps are you going to take to build healing spaces in your work?
In your home?

WHAT IT CAN LOOK LIKE: A CASE STUDY EXAMPLE

- Discussion: Key Takeaways
- Discussion: Radical Imagination Activity





TIME FOR CONNECTION

Build your cohort



CONCLUDING THOUGHTS