

SUPPORTING SURVIVORS

SKILLS OF EMPOWERMENT

TRAUMA-INFORMED APPROACH

- Shifting from what's wrong with you to what's right with you
- Because abuse is about taking away someone's agency, our role as advocates is to support them to build their agency back up.

OPTIONS NOT ADVICE

Survivors don't need saviors...etc

ELICITIVE QUESTIONS

Asking questions where survivors are invited to tap into their own wisdom and become active creators in their change making process

- What has worked in the past?

FRAMING AS A STRENGTH

Providing a more empowering statement to support:

- It's awesome that you're able to identify what you want in your relationship.
- Thank you for trusting me enough to tell me what's going on for your family.
- I can tell how much you care about your family.
- I'm glad you reached out for help, I know that can be really hard to do.
- You don't deserve to be treated like that.
- You deserve to feel safe in your home/neighborhood.
- It takes a lot of strength to make a hard decision like that.

Statements should be genuine, advocates are not here to be cheerleaders

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PRINCIPLES

SUPPORT

Advocates can provide support by offering empathic listening and care to survivors and giving our full attention.

- Validating and acknowledging their experiences while supporting their decision in how to proceed
- We are not here to offer advice

CURIOSITY

Trying to be the *best* advocate, ask all the right questions, and offer the perfect resources can get in the way of us genuinely connecting and supporting survivors.

- Presence over perfection
- If we're able to ground ourselves in our curiosity, we can ask relevant questions and follow where the survivor wants to go.
- Tuning in with survivors and using our questions to dig deeper and learn more information

GOALS

Collaborate with survivors by asking questions such as “what would be most helpful for you in this moment?”

- Focusing on what the survivor needs and wants to work toward is important for goal setting.
- Asking who their supports are and how they can help them in their safety planning or other goals/how we as advocates can support them in reaching their goals.
- “What would be helpful for us to focus on?”