Staying Safe & Sane While Supporting Survivors: Empowerment Self-Defense for Advocates
Agreements

● Confidentiality
● Make space / take space
● Challenge/choice: Participation is voluntary
● No “shoulds”
● Others?
Today

- Grounding
- Assertiveness + boundary-setting
- De-escalation
- Training advocates
The chime
Grounding + centering
BREATHE
● Voice
● Body
● Face
Tell them what you want
If they don’t do it, repeat yourself and get more intense.
● Please don’t touch me
● Leave me alone!
● Take two steps back
● That’s not okay with me
● I’m not able to help you with that
De-escalation for escalated situations
De-escalation
Bring the temperature down
The Benefits of Incorporating ESD into Counselor Advocate Training
How was your experience with ESD?

95.7% Positive

#nsac2019
#beyondthebreakthrough
What was your biggest takeaway from the class?
What tools did you learn?

How do you use those tools in your role as an advocate?
Which component of the class (awareness, assertiveness, physical techniques) did you find most useful and why?
Has taking ESD influenced how you practice self-care? If so, how?
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