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*Staying Safe & Sane  
While Supporting*

*Survivors:*

*Empowerment*

*Self-Defense*

*for Advocates*



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# *Agreements*

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



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# *Today*

- Grounding
- Assertiveness + boundary-setting
- De-escalation
- Training advocates



**IMPACT**  
confidence ▶ safety ▶ empowerment

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# The chime





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# Grounding + centering





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**BREATHE**

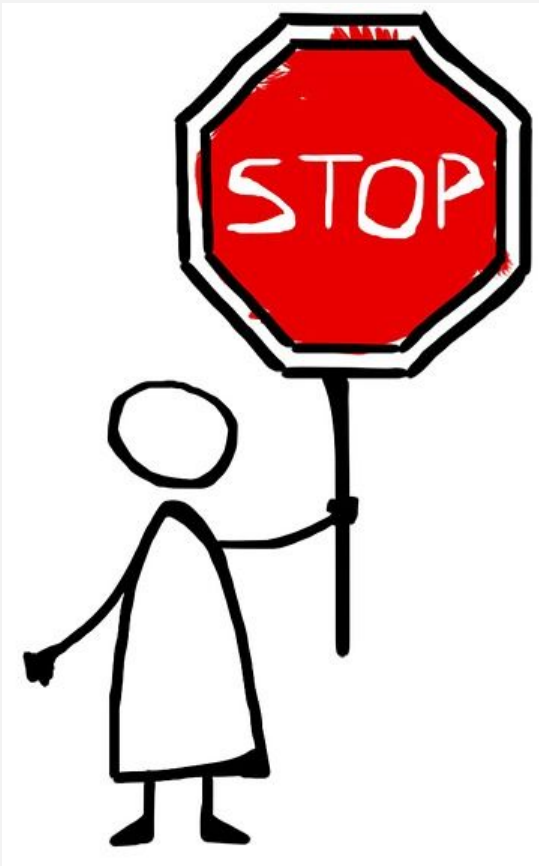


**IMPACT**  
confidence ▶ safety ▶ empowerment

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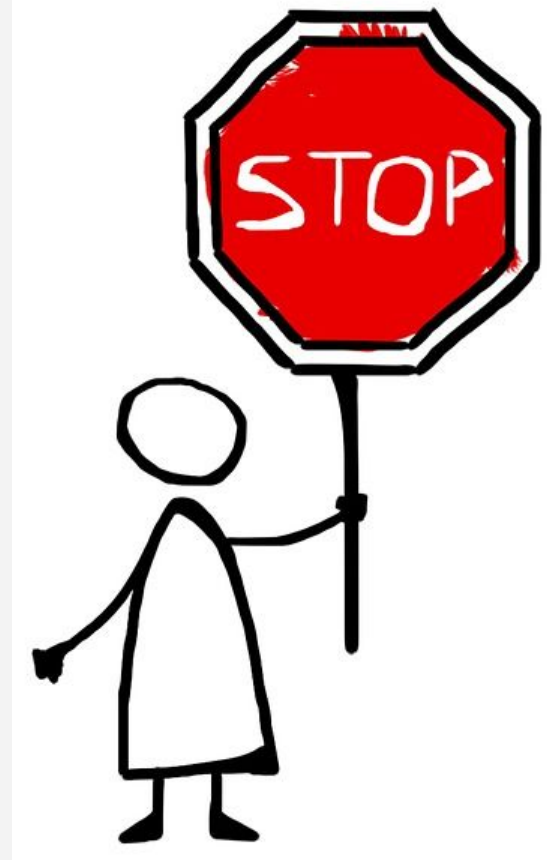
- *Voice*
- *Body*
- *Face*





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*Tell them  
what you  
want*



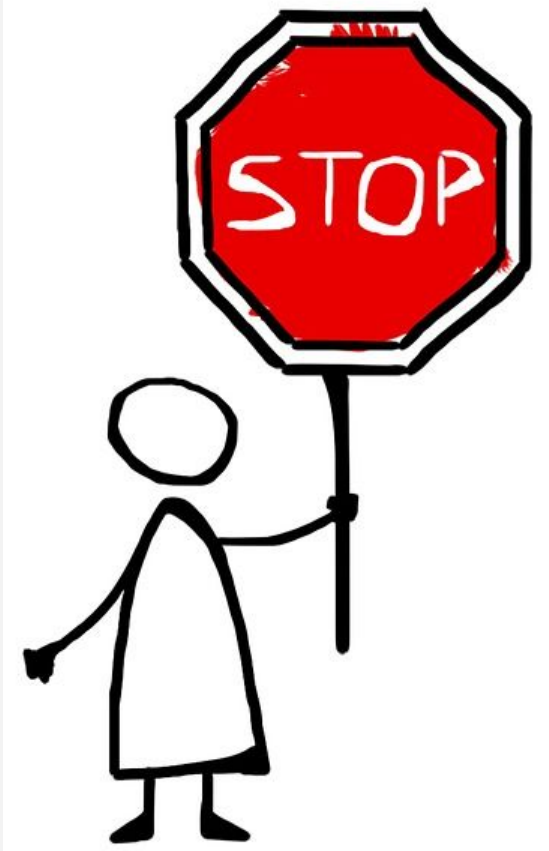




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*If they don't  
do it, repeat  
yourself and  
get more intense*





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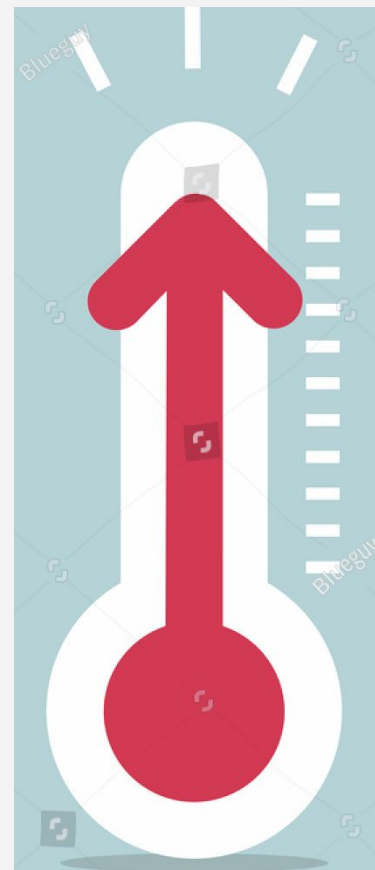
- *Please don't touch me*
- *Leave me alone!*
- *Take two steps back*
- *That's not okay with me*
- *I'm not able to help you with that*





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# De-escalation for escalated situations





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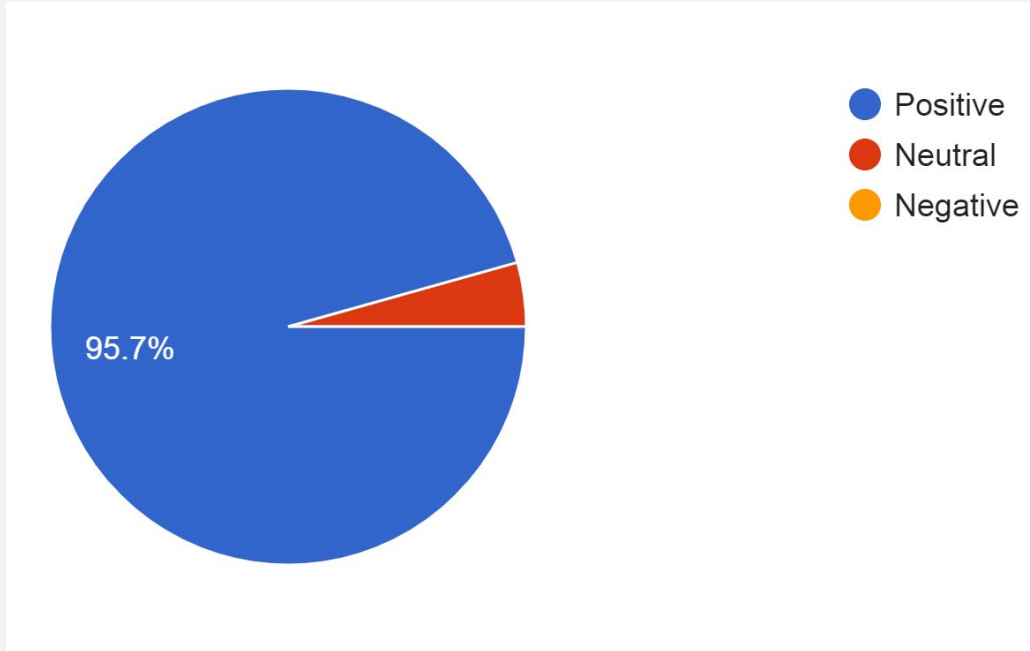
# *The Benefits of Incorporating ESD into Counselor Advocate Training*



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# How was your experience with ESD?





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*What was your biggest  
takeaway from the class?*



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*What tools did you learn?  
How do you use those tools  
in your role as an advocate?*





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*Which component of the class  
(awareness, assertiveness,  
physical techniques) did you find  
most useful and why?*



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*Has taking ESD influenced  
how you practice self-care?  
If so, how?*



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