

Living Beyond the Wounds: Recovery & Tools for Emotional Survival

A Presentation for
Justice for Victims of Crime Conference
by
Diane E. Benson

1/30/2013

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Face the Truth of Your Needs

A human being has the,

- Need to be valued
- Need to be of value
- Need to belong
- Need for human contact

Basic Self Care – the Native Way

**The Healing Elements: Water, Fire
Earth & Air**

Water – Drink it, Feel it

Fire – Warm with it, Cook with it

Earth – Gather from it, Walk in it's beauty

Air – Breathe it

Water, Fire, Earth & Air are guiding principles

Just like HALT is to a 12 Step Program, let these be your guiding principles for your healing plan

It's about keeping your spirit,
your compassion,
your life
intact

Build Your Own Healing Tool Kit

Some Approaches:

- Make a Day of R&R each week (Rest & Relaxation!)
- Sleep with Hope
- Rise with Gratitude
- Walk with Mother Earth

About Community

Get Off Face-book

Touch is Healing: Meet - Make Human Contact

- Is Your Recovery TOO Serious?
- Native Food
- Culture Night at Your House
- Say Hi to the one alone

References for Additional Tools and Learning

- *“Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others”* by Laura van Dernoot Lipsky with Connie Burk, Berrett-Koehler Publishers, Inc., 2009
- *EFT (Emotional Freedom Techniques) for PTSD (Post-Traumatic Stress Disorder)* by Gary Craig, Energy Psychology Press, Fulton California, 2008
www.emofree.com
- ACES Paper – *“Traumatic Stress Experiences: Context and Measurement,”* Prepared for the Institute for Circumpolar Health Studies by Quenna Szafran and Mike Healey, August 2012 (Or Google)
- *“Sharing Our Stories of Survival: Native Women Surviving Violence,”* edited by Sarah Deer, Bonnie Clairmont et. al., Altamira Press, New York 2008 (Tribal Law & Policy Center)