

# TRAUMA, HEALING, AND RESILIENCE ACROSS THE LIFESPAN

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# Tiombe Wallace, MFT

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# A compassionate witness

- We can reasonably assume that most of the individuals, families, and communities we serve are survivors of trauma, oppression or marginalization
- A best practice approach for fostering healing and resilience begins with this assumption—and a shift in our thinking
- Women and all those with intersecting, marginalized identities often experience many, recurring traumas across the lifespan

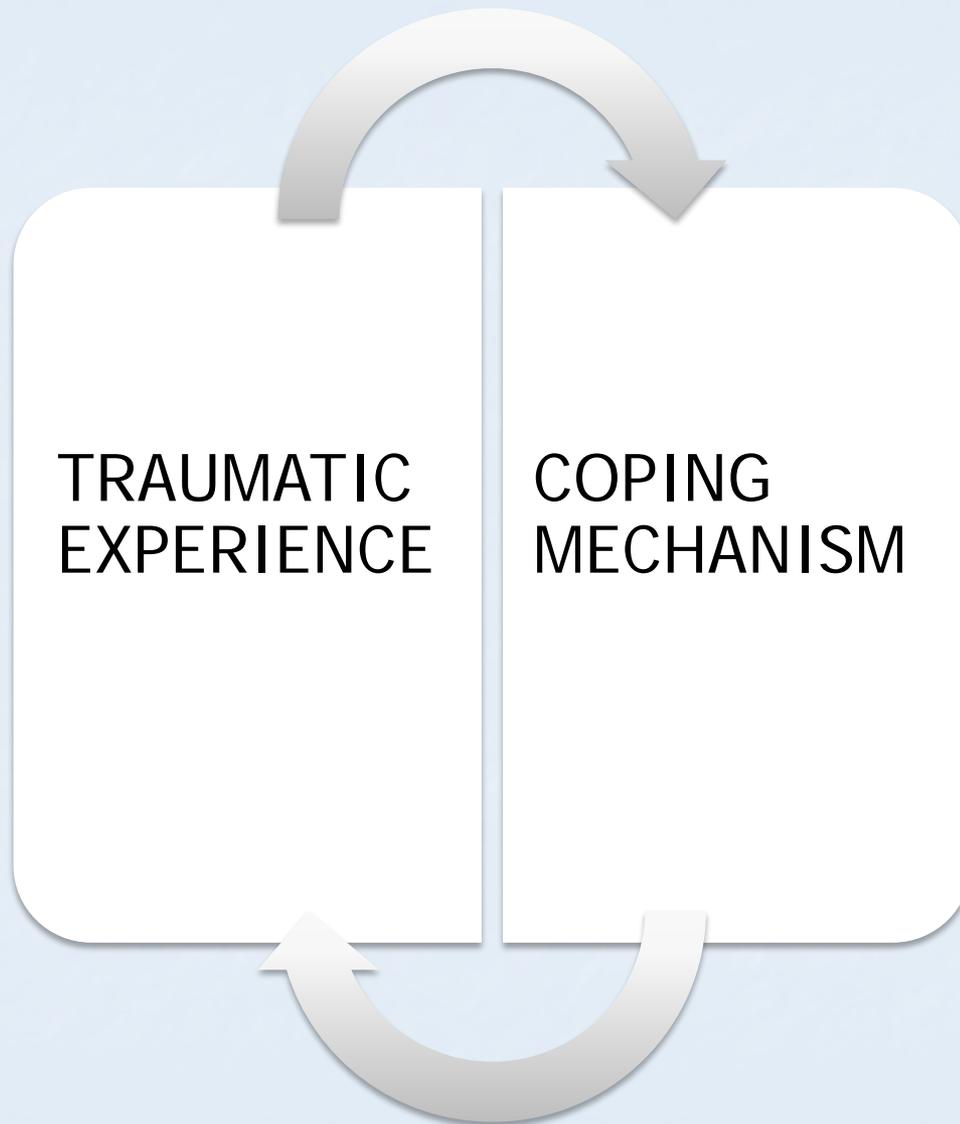
# Facing Trauma, Supporting Resilience

- Many forms of trauma are never acknowledged, or are actively silenced, minimized or denied
- Multiple forms spanning all types of violence, abuse, oppression, lack of basic needs, injury/illness, food/housing inadequacy, disasters, voluntary/involuntary migration, historical and intergenerational traumas

# Healing from Trauma

- Engaging people with histories of trauma that recognizes the presence of *trauma adaptation* and acknowledges the role that trauma has played in their lives.
- Asks us to see people as whole, with varied experiences. It guides us to filter through a lens of compassion, not judgment. It values process and the impact on those involved.
- It considers identity, context, and power dynamics.





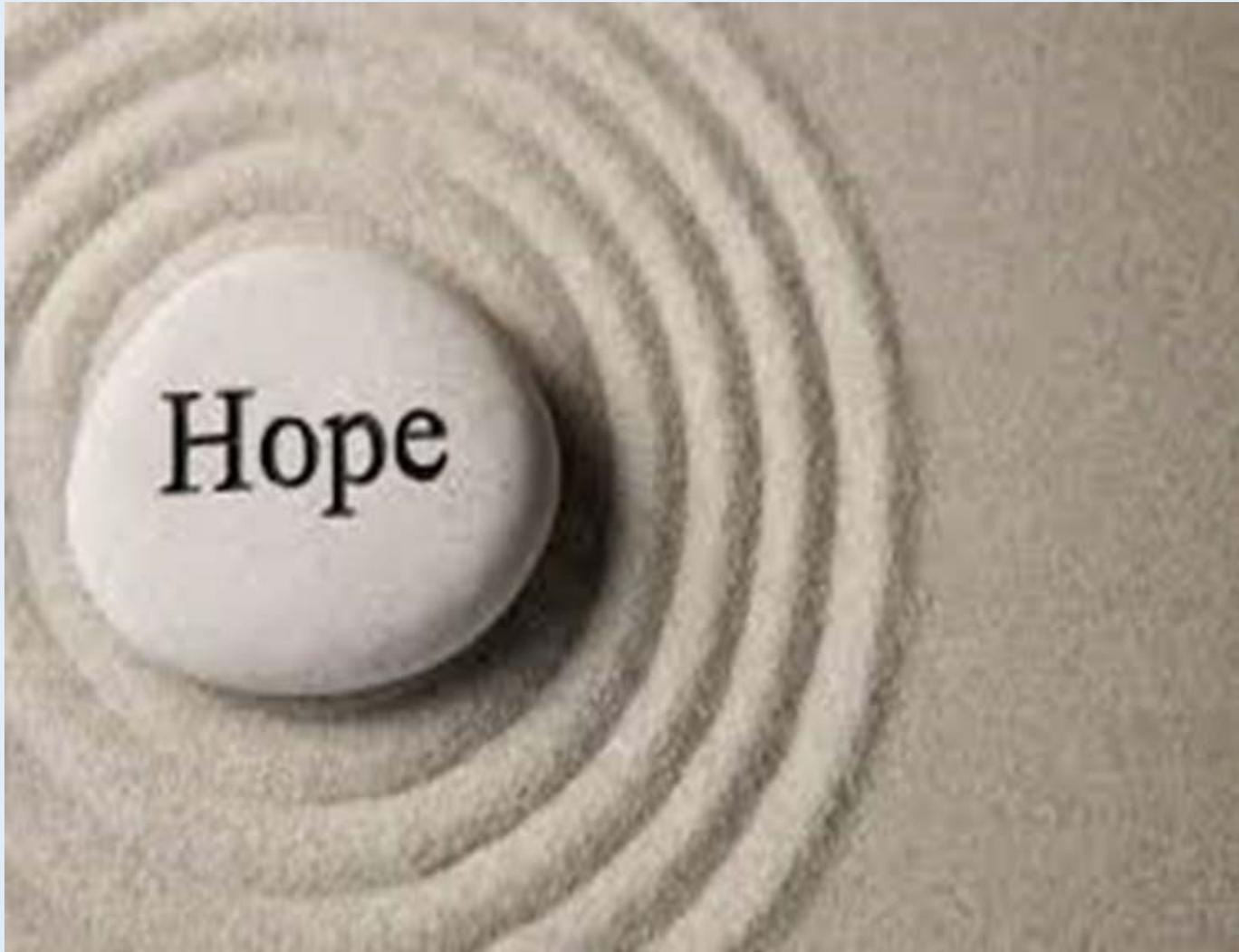
We often focus on the coping mechanism

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# Supporting Resilience

- Understanding survival and coping
- Recognizing (re)actions of survivors as *creative adaptations* to trauma and marginalization
- As we age, multiple traumas pile on and impact well-being, self-concept, needs
- Making empowerment and self understanding the focus of healing

# Trauma, Healing, and Resilience

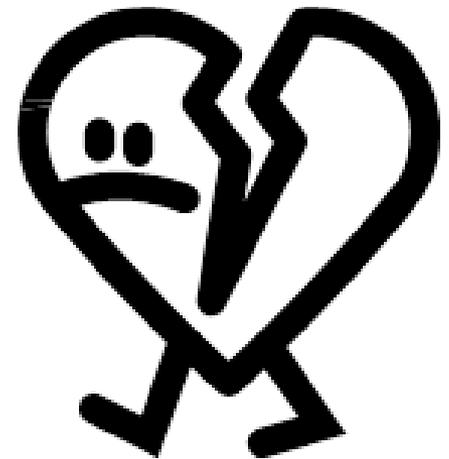


# FROM VICARIOUS TRAUMA TO VICARIOUS RESILIENCE



# THE IMPACT

- Personal traumas and survival
- Vicarious trauma is a natural response to witnessing the trauma of others
- Organizational Trauma
- Burnout and Boundaries
- Recognizing vicarious resilience
  - The positive properties of proximity to healing



# VICARIOUS RESILIENCE

Positive effects for those who witness healing and recovery

- Recognized for those in healing practitioner roles, in proximity to trauma survivors
- Create hope for healing by seeing courageous adaptation and healing from trauma and overcoming adversity



## SUPPORTING A CULTURE OF RESILIENCE

- Reducing vicarious trauma and burnout as a community, organizational, peer and individual responsibility
- Programs demonstrate the *same care & attention* to staff and each other as we would to the individuals and communities we serve



# Rewards

- Find your strengths
- Build alliances and community
- Witness transformation of yourself and others
- Build vicarious resilience
- Hope!

