



Tools for Being a Support Person

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Support, Advocacy, and Violence Prevention Office



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Erin Boss

she/her

Program Coordinator

erboss@vassar.edu

Rachel Gellert

she/they

Director

rgellert@vassar.edu

Roadmap

Holding Space

1

Advocacy-Based
Counseling

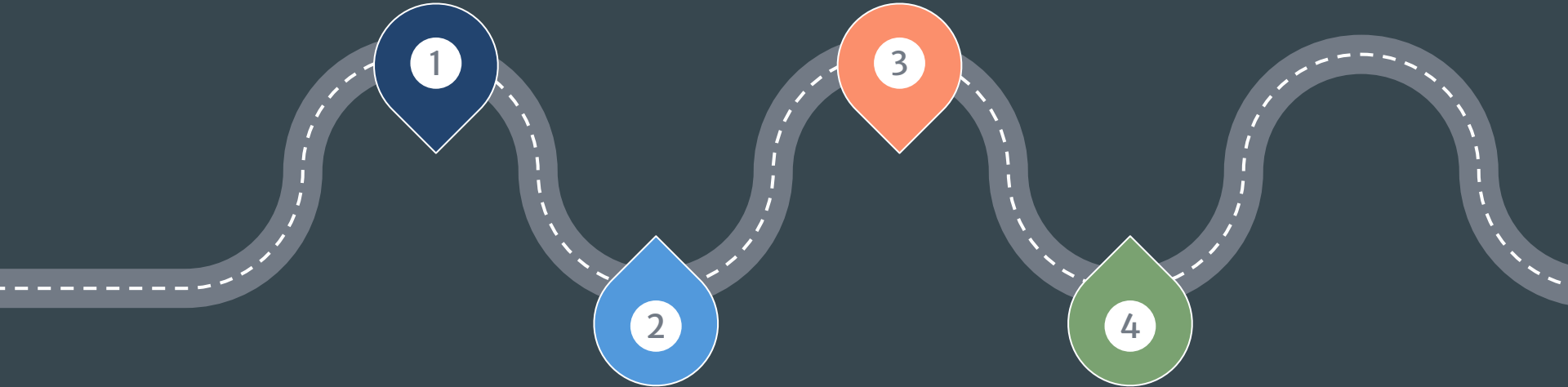
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Ring Theory

4

Reminders from
Trauma Stewardship





Holding Space

Heather Plett

Tenets of Holding Space

1. Give people permission to trust their own intuition and wisdom.
2. Give people only as much information as they can handle.
3. Don't take their power away – empower them instead.
4. Try to keep your own ego out of it.
5. Help them feel safe enough to talk about negative emotions and “mistakes.”
6. Give guidance and help with humility and thoughtfulness.
7. Create a container for complex emotions, fear, trauma, etc.
8. Allow them to make different decisions and to have different experiences than you would.

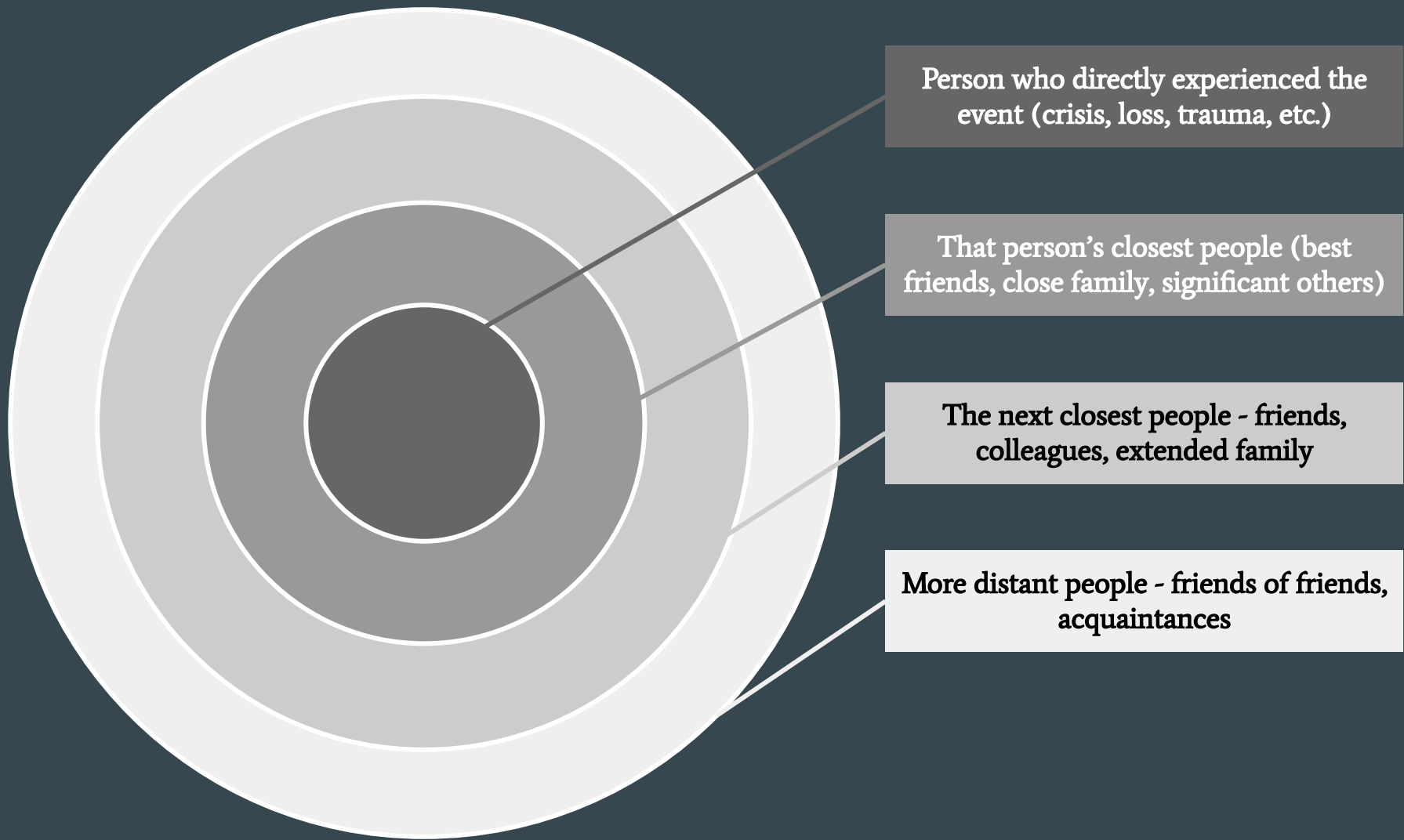


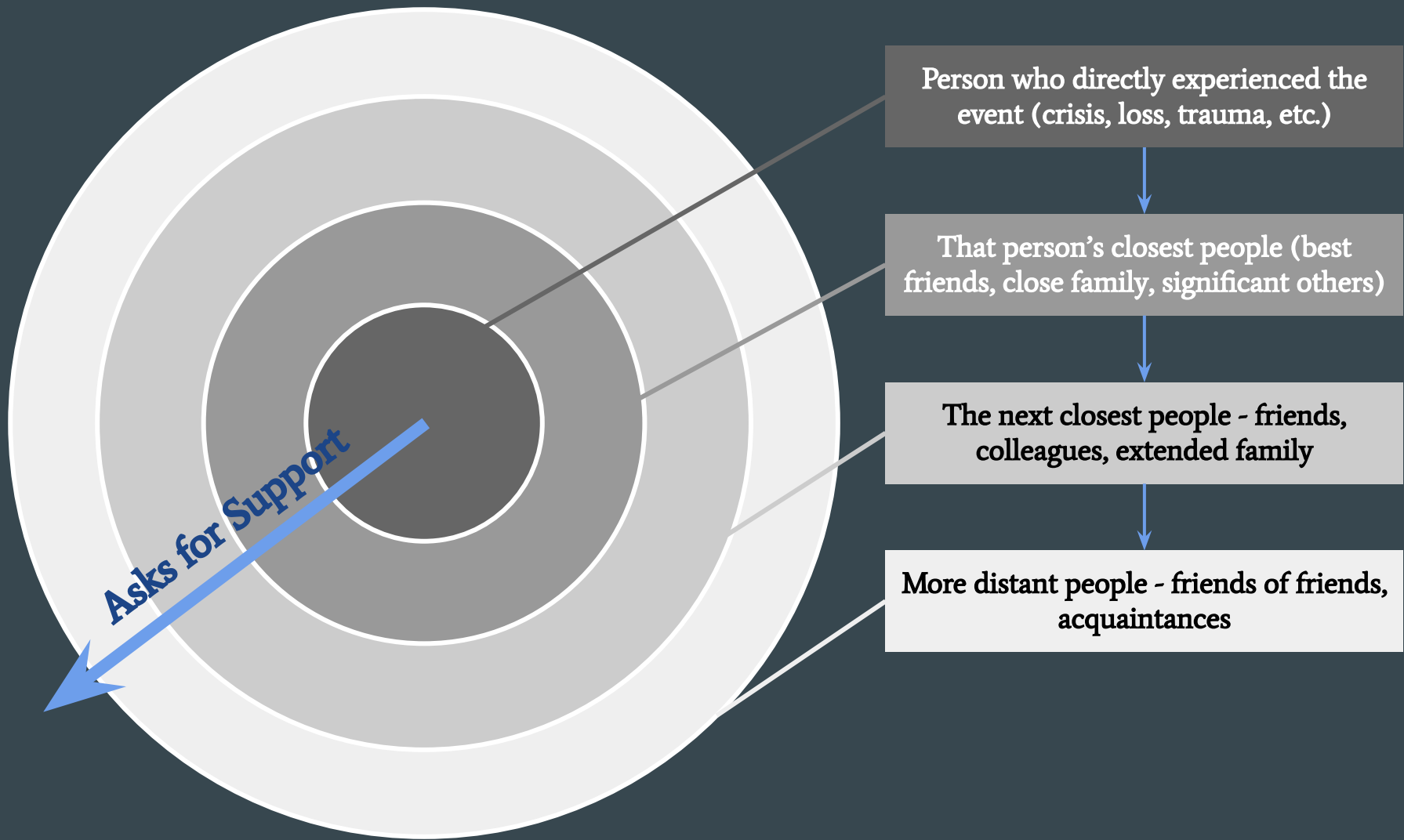
How do we know when to hold space, and when to ask someone to hold space for us?

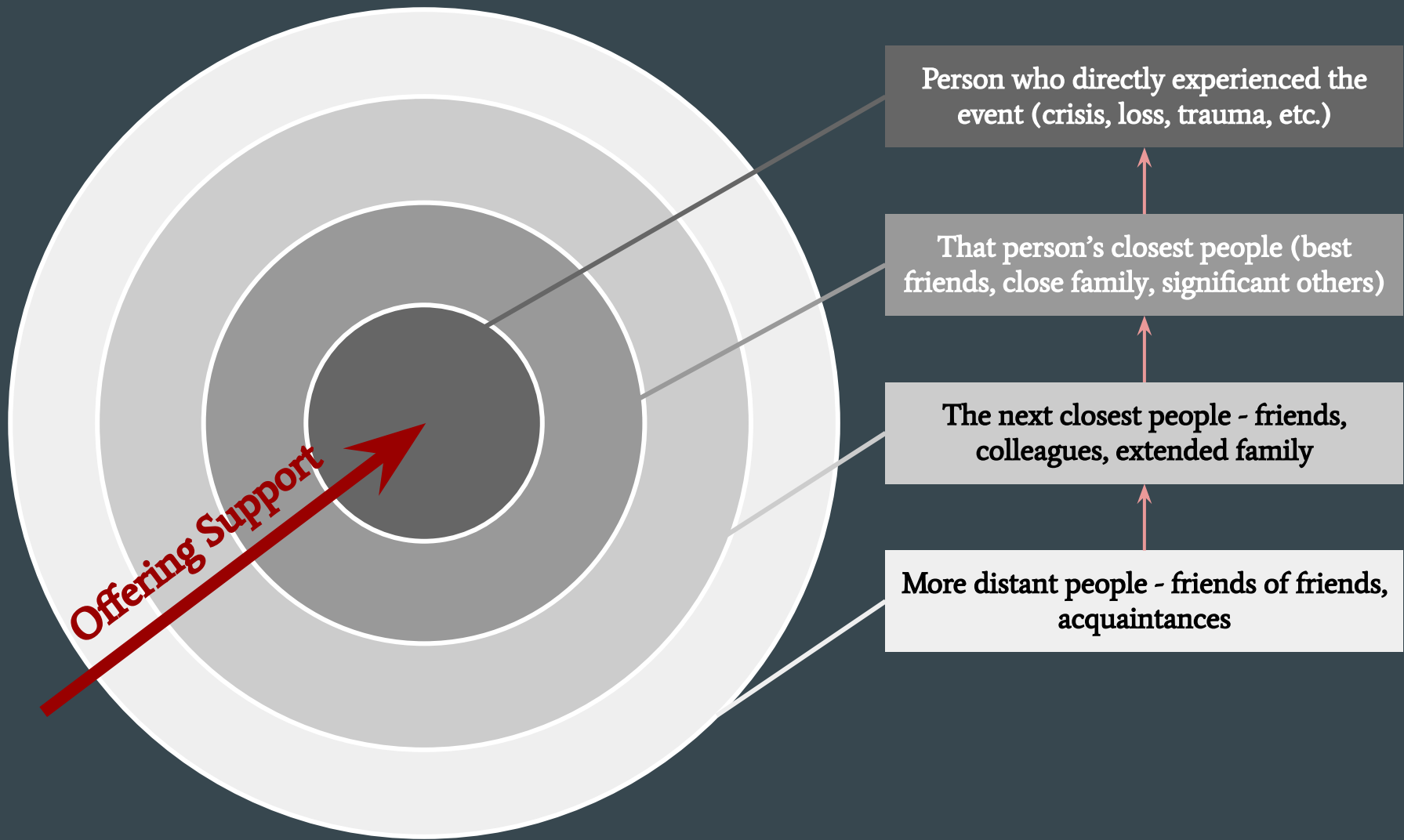


Ring Theory

Susan Silk and Barry Goldman





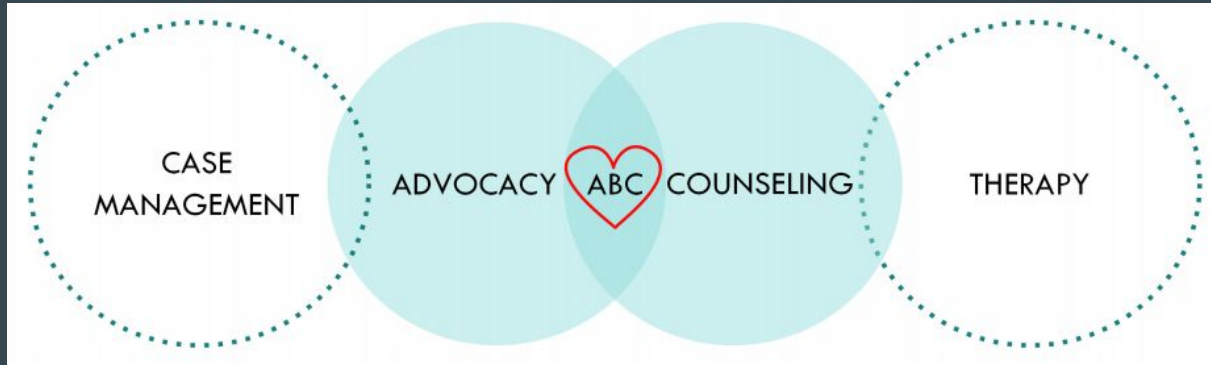




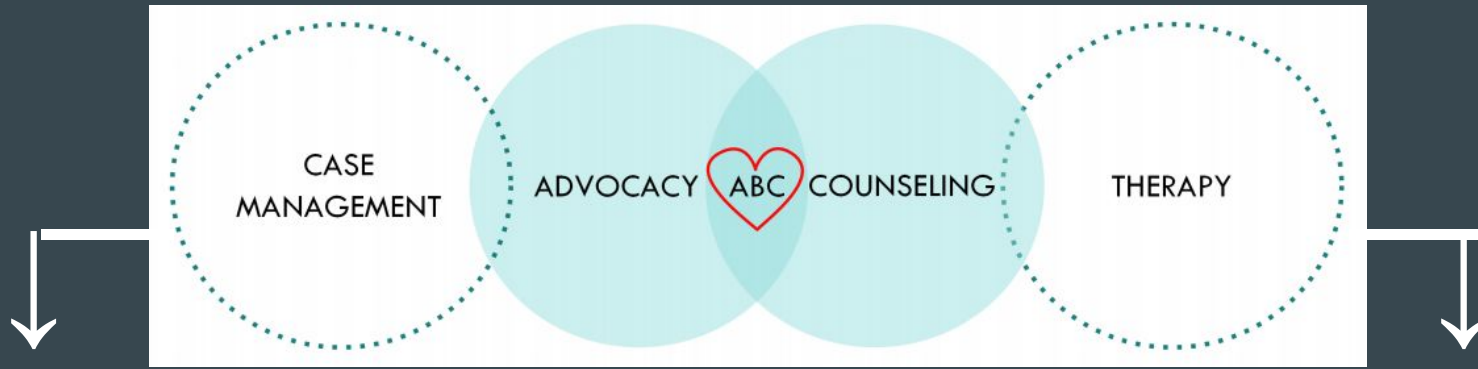
Advocacy-Based Counseling

As framed by the Northwest Network of Bi, Trans, Lesbian, & Gay
Survivors of Abuse

Advocacy-Based Counseling



“Advocacy-based counseling means the involvement of a participant with an advocate... with the primary focus on safety planning and on the empowerment of the participant through reinforcing the participant’s autonomy and self-determination. Advocacy-based counseling uses problem-solving methods and includes identifying barriers to safety; developing safety checking and planning skills; clarifying issues; solving problems; increasing self-esteem and self-awareness; and improving and implementing skills in decision making and self-care.”

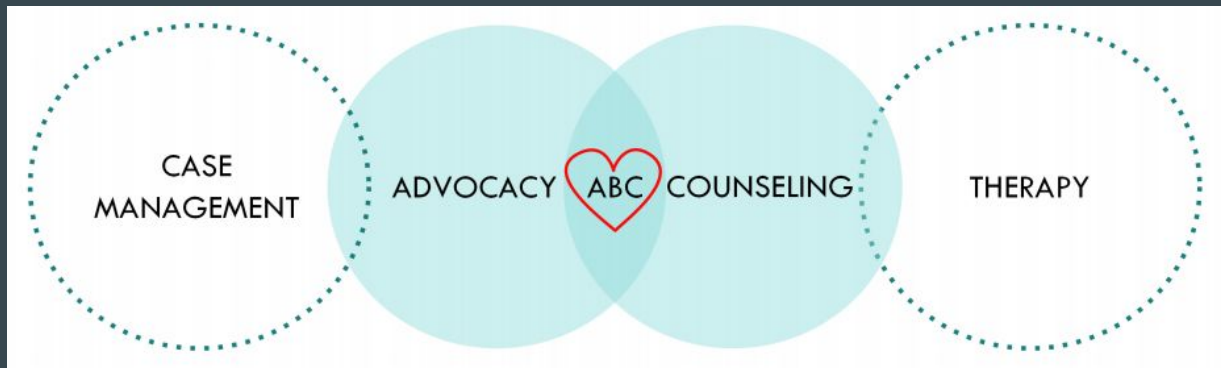


Case Management

The coordination of services for an individual by designating a professional to be responsible for the assessment of need and implementation of care plans regarding ongoing needs in areas such as housing, employment, social relationships, and community participation.

Therapy

A process of treating mental and emotional health; provided by a licensed mental health professional.



Advocacy



Counseling

- Safety and support planning
- Systems advocacy (making a formal report, housing changes, etc.)
- Navigating institutions
- Resources and referrals

- Reflective listening
- Ongoing support in healing from trauma
- Support identifying boundaries, clarifying expectations, and negotiating conflict in relationships
- Self-care skill development



Reminders from *Trauma Stewardship*

Laura van Dernoot Lipsky

Tendencies to check in ourselves

- Saviorism or grandiosity
- Hypervigilance
- Feeling like one can never do enough
- Inability to embrace complexity

See *Trauma Stewardship* by Laura van Dernoot Lipsky

Trauma Exposure Response

Trauma exposure response - “The transformation that takes place within us as a result of exposure to the suffering of other living beings or the planet ...when external trauma becomes internal reality” (van Dernoot Lipsky and Burk)

→ Compassion Fatigue, Vicarious Trauma, Burn-out

Thank you!

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