

Trauma Informed Brave Spaces through Culturally Responsive Practices



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The goal ...

- Trauma Informed
- Brave Spaces
- Cultural Responsiveness

NOT a cis white woman educating about

RACISM



WARNING:

This presentation will **NOT** give you *simple answers*, it will **NOT** *tell you what to do*, it will **NOT** be *authoritative*. It *refuses to imagine* that there is **ONE ANSWER**. It *refuses to engage* in a **LOGIC of OPPRESSION**. It is an invitation to re-think your practice, your context, your discipline, and your assumptions.





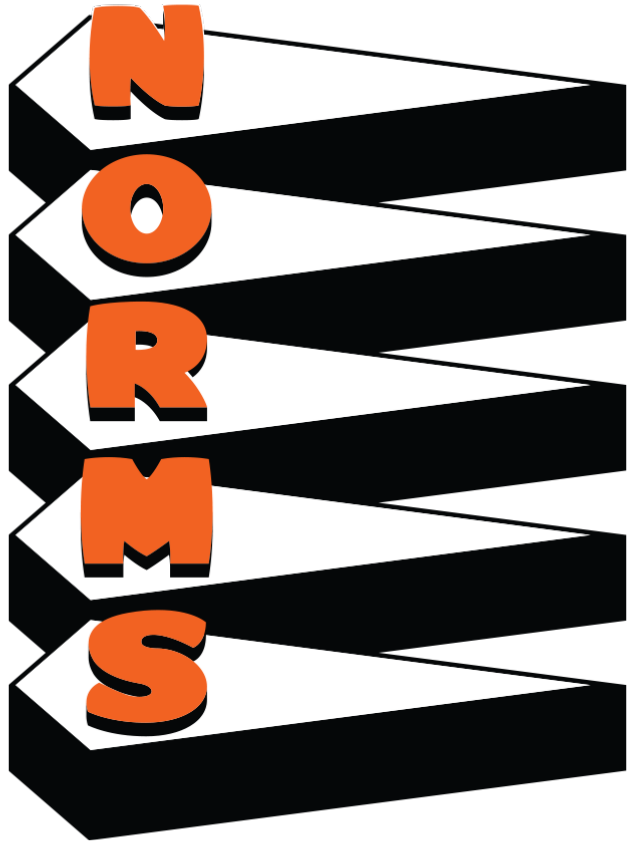
We do not learn from
experience... we learn
from reflecting on
experience.

- John Dewey





Group Norms



- Confidentiality
- Ouch! Oops!
 - Impact v Intent
- Controversy with Civility
- Replace Judgement with Wonder
- PROCESS



Trauma Informed...



WHAT IS YOUR RACE SCORE?

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



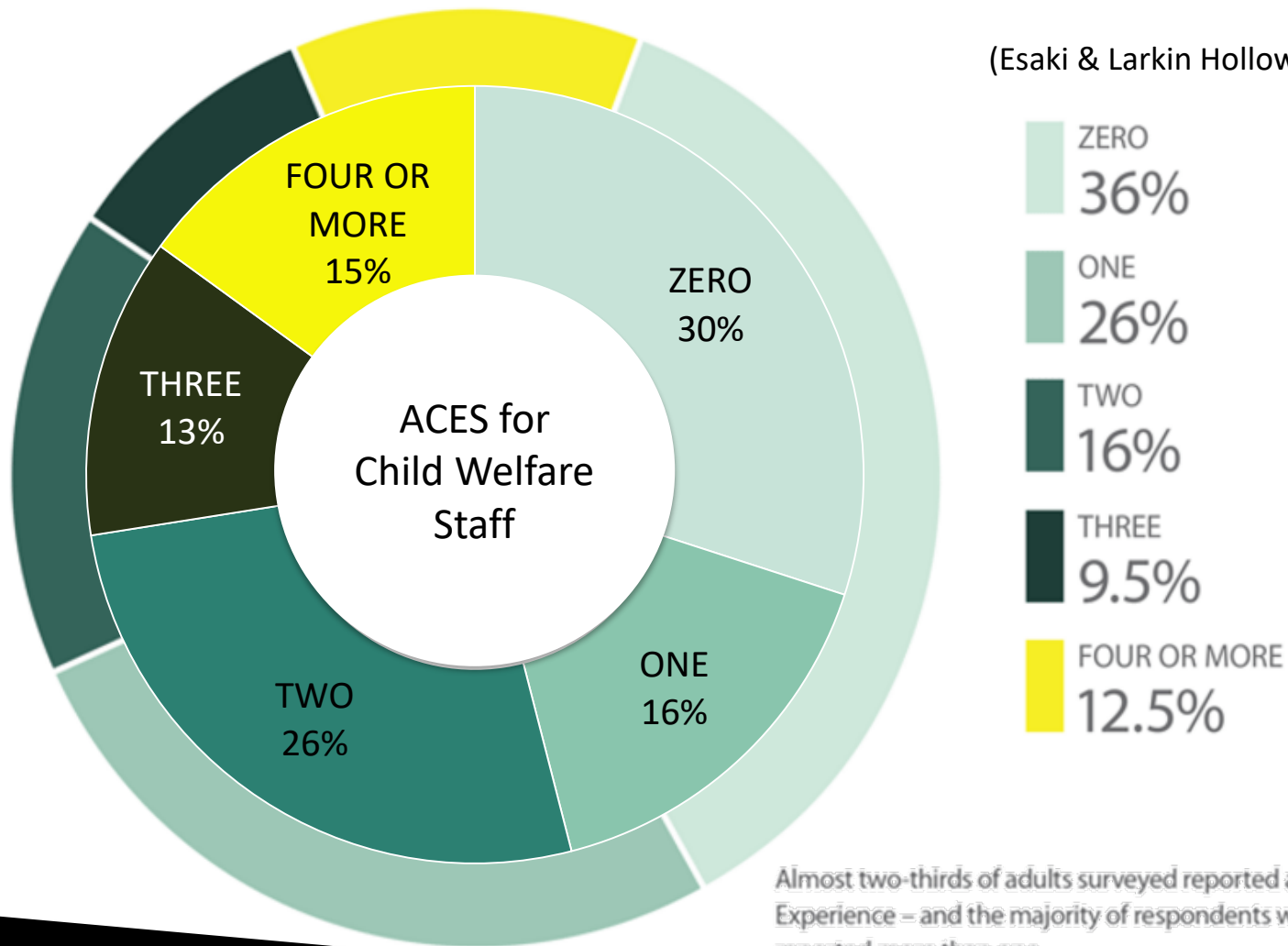
Substance Abuse



Divorce

HOW COMMON ARE ACES?

(Esaki & Larkin Holloway, 2013, p 34)



Almost two-thirds of adults surveyed reported at least one Adverse Childhood Experience – and the majority of respondents who reported at least one ACE reported more than one.



Updated ACES Include

Community/institutional trauma**

Poverty (including homelessness and food insecurity)

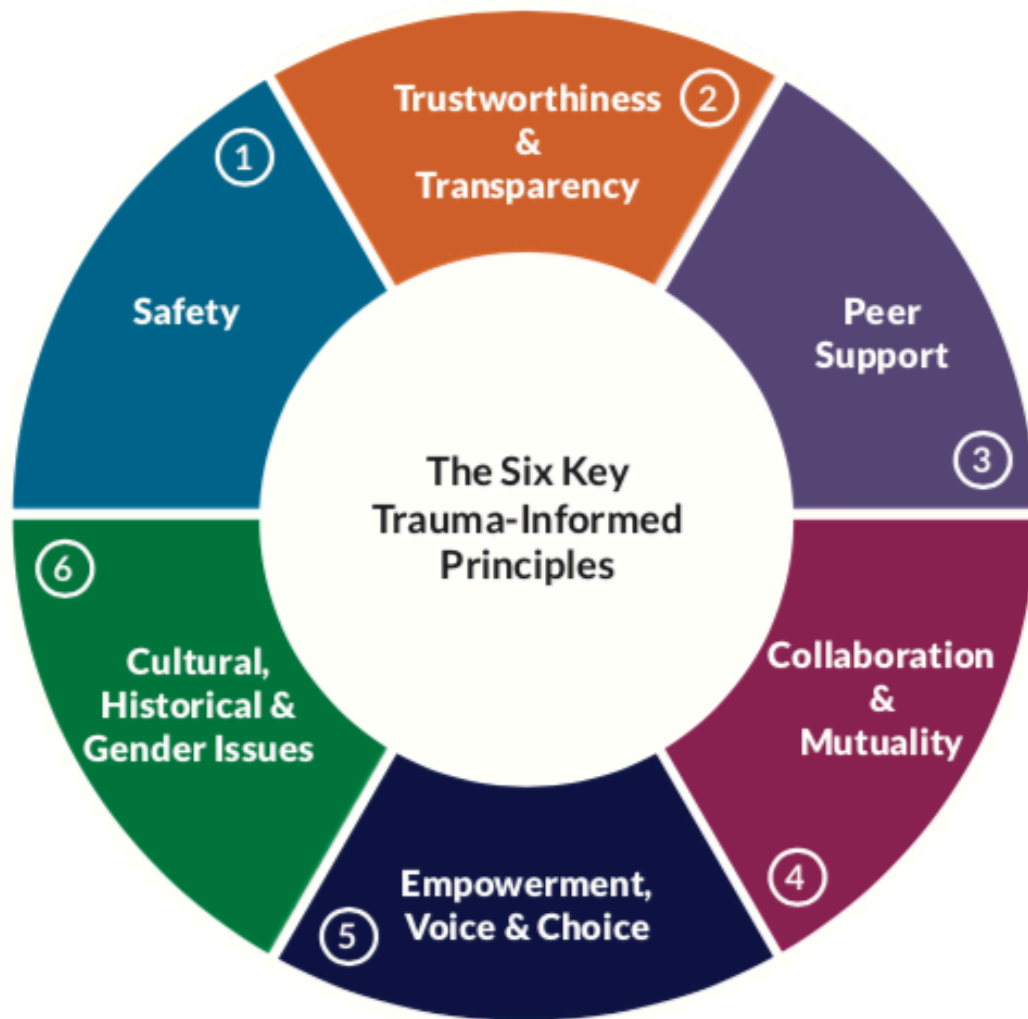
Community violence (e.g., witnessing violence or feeling unsafe)

Racial discrimination

Bullying

Involvement in child welfare system





- 1 Ensures and promotes physical and emotional safety
- 2 Straightforward, readily understood practices and communication to build and maintain trust
- 3 Listening, acknowledging, witnessing, and accepting
- 4 Offers true, equal partnering and recognizes that healing happens in the meaningful sharing of power and decision-making
- 5 Recognizes and builds on strengths, acknowledging every experience and individual as unique
- 6 Addresses and values culture, intersecting identities, historical and institutional trauma and oppression

A WINDOW BETWEEN WORLDS / Art Transforming Trauma • 310.396.0317 • awbw.org • @awbworg

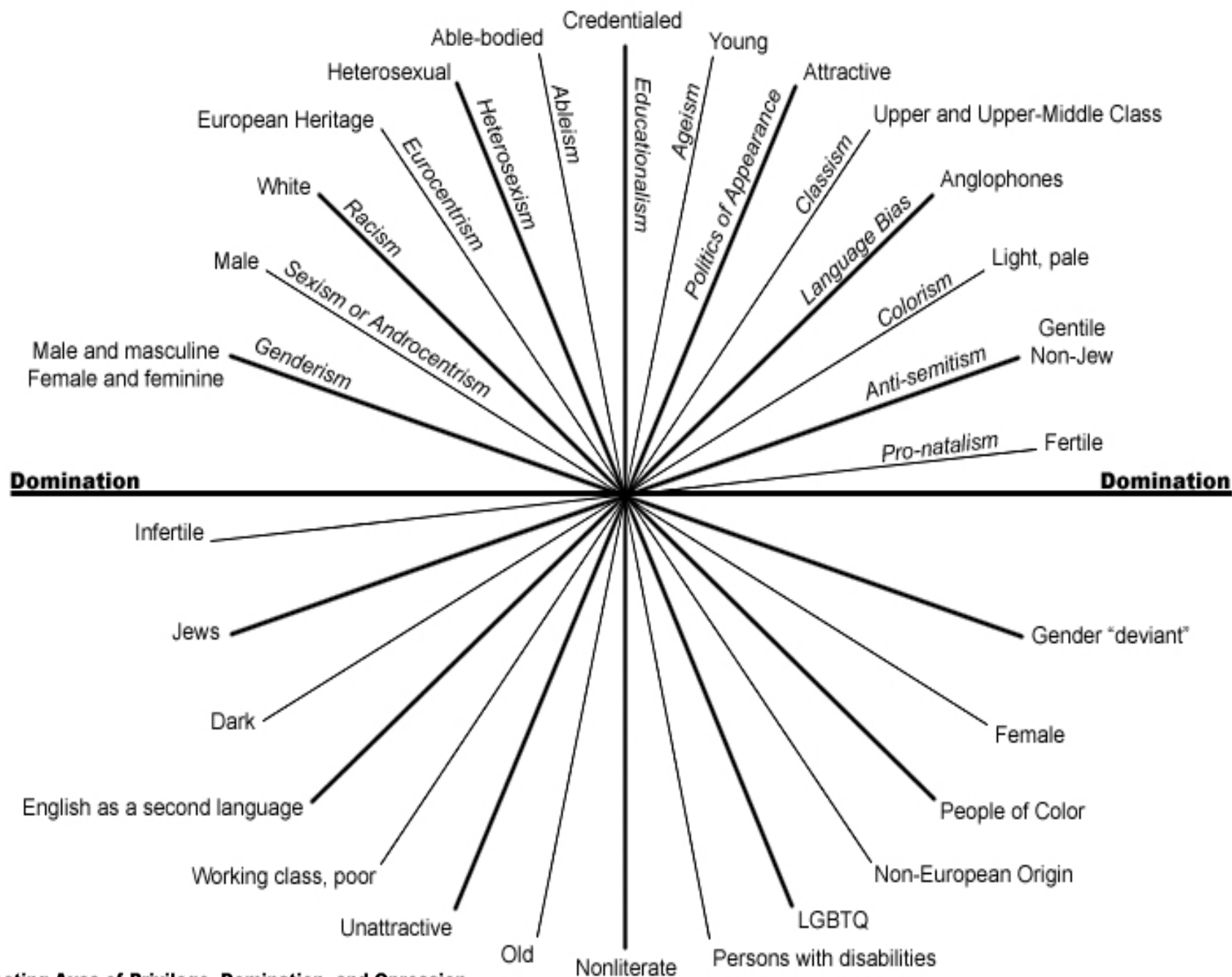


Culturally Responsive

Know Self Positionality

Culturally Responsive

Know Self Positionality



Intersecting Axes of Privilege, Domination, and Oppression

Adapted from Kathryn Pauly Morgan, "Describing the Emperor's New Clothes: Three Myths of Educational (In)Equality,"
The Gender Question in Education: Theory, Pedagogy & Politics, Ann Diller et al., Boulder, CO: Westview, 1996.



Culturally Responsive

Know Self/Positionality

Implicit Bias

<https://www.pbs.org/video/pov-implicit-bias-peanut-butter-jelly-and-racism/>

Culturally Responsive

Seek Collaboration & Connection



Culturally Responsive

Seek Collaboration &
Connection

AWKWARD

<https://www.pbs.org/video/pov-implicit-bias-why-were-awkward/>

Culturally Responsive

Learn from
Each Other



FLEX



Focus within yourself

Learn from others

Engage in dialogue

eXpand the options



Culturally Responsive

Honor Different WAYS of Knowing

Culturally Responsive

Unknowable,
Whole People

Culturally Responsive

WITH,
NOT ON or FOR



VISION

- Purpose, goals & congruence

COMPOSURE

- Regulate Emotions
- Interpretation bias
- Calm and in control

REASONING

- Problem solving
- Resourcefulness
- Anticipate & plan

HEALTH

- Nutrition, sleep & exercise


TENACITY

- Persistence
- Realistic optimism
- Bounce back

COLLABORATION

- Support networks
- Social Context
- Manage perceptions

THE SIX DOMAINS OF RESILIENCE

- 
- Know Self/Positionality
 - Seek Collaboration & Connection
 - Learn from Each Other
 - Honor Different WAYS of Knowing
 - Unknowable, Whole People
 - WITH, NOT ON



A photograph of a person's hands working on a laptop. The person is holding a smartphone in their left hand and typing on the laptop keyboard with their right hand. A white coffee cup with a black sleeve and a pair of glasses are on the desk. The background is a blurred office or cafe setting. The word "Safety" is overlaid in large, bold, black text.

Safety

Collaboration

A person is working on a laptop at a desk. They are holding a smartphone in their right hand and typing on the keyboard with their left hand. A white coffee cup with a black sleeve is on the desk next to the laptop. A pair of glasses is also on the desk. The background is a blurred office or public space with large windows.



**WITH, NOT ON
Empowerment**

Trustworthiness

A photograph of a person's hands working on a laptop. The person is holding a smartphone in their left hand and typing on the laptop keyboard with their right hand. A white coffee cup with a black sleeve is on the desk next to the laptop. A pair of glasses is also on the desk. The background is a blurred office or public space with large windows.

Peer Learning & Support

A photograph of a person's hands working on a laptop. The person is holding a smartphone in their right hand and typing on the laptop keyboard with their left hand. A white coffee cup with a black sleeve and a pair of glasses are on the desk. The background is a blurred office or cafe setting.

**Each WHOLE
Person is
Unknowable**

A photograph of a person's hands working on a laptop. The person is holding a smartphone in their right hand and typing on the laptop keyboard with their left hand. A white coffee cup with a black sleeve is on the desk next to the laptop. A pair of glasses is also on the desk. The background is a blurred office or cafe setting.

Awareness of Positionality & Intersectionality

Trauma Informed & Cultural Responsive

Humility

Awareness & Reflection

Advocates/Allies - Pass the Mic

Empowerment

Support & Coach

Make/Save Space

Trust/Safety

LIFELONG Learning

Impact

Safety

Trust

MORE Voices

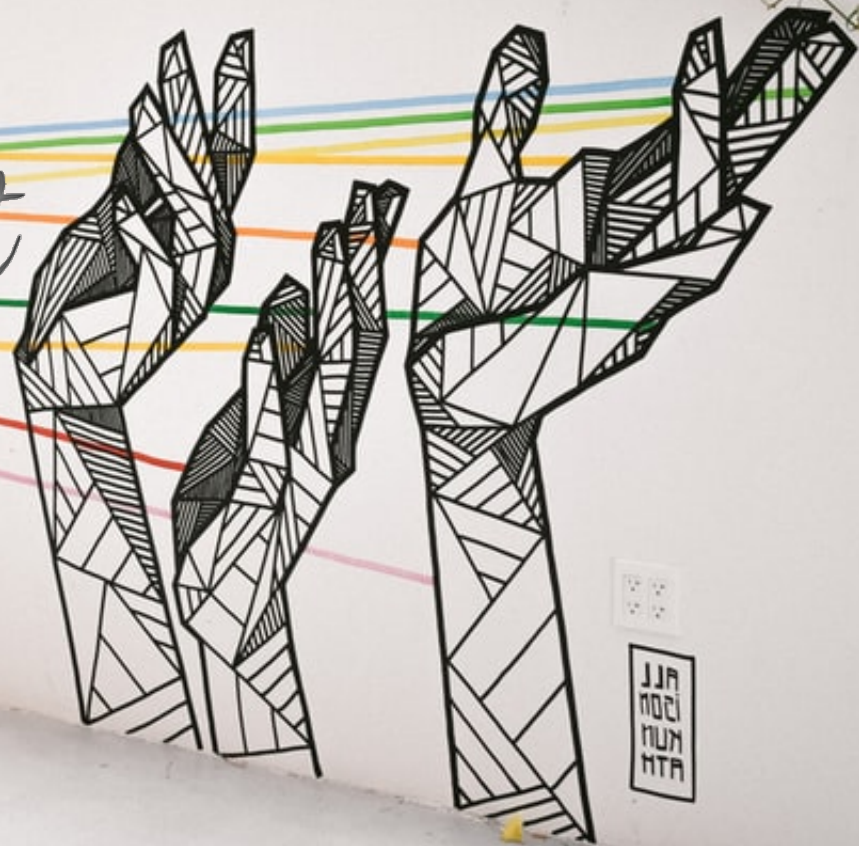
Generative Conflict

Growth

Loyalty

*"With people,
you can connect
or compare but
you can't do
both."*

-SHAUNA NIEQUIST





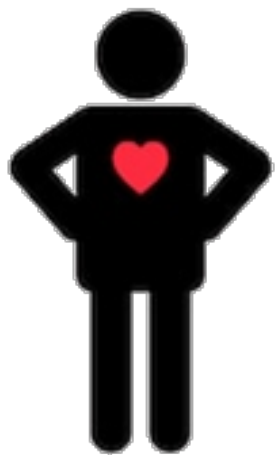
So,
what
will
YOU
do?

Questions?

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Self Care!

Physical
Emotional
Spiritual
Intellectual
Social
Sensory



You cannot *drink*
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

A close-up photograph of water splashing onto green, leafy plants. The water droplets are frozen in mid-air, creating a dynamic and refreshing scene. The background is slightly blurred, focusing attention on the water and the leaves.

THANK YOU!

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