

DIFFERENCE MAKERS (10 STRONG)



DM
10 STRONG

*TRAINING TOPICS
CATALOG
(2021)*

DM10STRONG.COM

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WHO WE ARE

BEING A DIFFERENCE MAKER

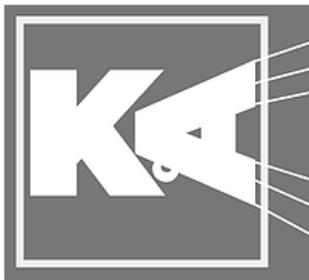
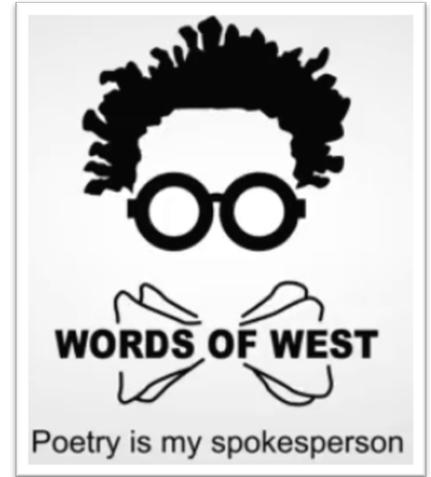
In today's world, having discussions that revolve around ending sexual harassment, misconduct and various forms of physical and sexual violence are not only necessary – but extremely challenging. Our team of collaborative partners believes that effective change is possible through meaningful conversations. We fully understand how to develop and create the right approach for each organization (school, military program, athletic program, or corporation). We are diverse, passionate, experienced and totally committed to improving the culture in the various communities we're privileged enough to serve. Our professional backgrounds in criminal investigations, social-work services and advocacy – coupled with some of our personal experiences with victimization helps us steer change using a multi-disciplinary lens and innovative approach. With each conversation we facilitate, we learn as much as we share. We don't claim to have all the answers. We do however lead discussions in such a way that those in the room find answers themselves, thus inspiring them to be Difference Makers in their respective communities, and more importantly in their own unique ways. Anyone can be a Difference Maker. Our primary mission is to cultivate change around the globe, because we believe everyone can play a pivotal role in changing culture. We are stronger together!



**-ERIC BARRERAS
CEO/FOUNDER**



**DIFFERENCE MAKERS (10 STRONG)
COLLABORATIVE PARTNERS**



bloom365®

ASHLEY BENDIKSEN
END ABUSE | LEAD THE CHANGE | *Speaker*

IDM
10 STRONG

TRAINING TOPICS



Difference Makers (10 Strong) Sessions

UNDERSTANDING MALE VICTIMIZATION: THE OVERLOOKED SURVIVORS

Male victimization is not a new trend, and it is not on the rise. More and more male survivors are surfacing in communities around the nation, which leads the untrained eye to see this as a new issue to address. Despite the developing acknowledgement of male victims through various social spheres -- many communities are struggling to understand the realities of their existence. To effectively respond and prevent domestic and sexual violence in our communities, we must better understand how to serve the male population, and it must be just as robust as our support for women survivors. As a society we have often labeled what victims look like. Anyone can be a victim of domestic and sexual violence -- no one is immune.

MOLDING MASCULINITY: BREAKING DOWN UNHEALTHY FORMS OF MASCULINITY

Unhealthy masculinity plays a significant role in violence. Traditional stereotypes of men as socially dominant, along with related traits such as misogyny and homophobia are considered "toxic" due in part to their promotion of violence, including sexual assault and domestic violence. The socialization of boys in patriarchal societies often normalizes violence and prevents most males from expressing any type of emotion or feelings. Unhealthy masculinity not only makes boys and men vulnerable for victimization but normalizes societal behaviors that lead to the victimization of others.



Difference Makers (10 Strong) Sessions



MY STORY BEHIND THE STORY: SURVIVOR TESTIMONY OF ERIC BARRERAS (MALE VICTIMIZATION)

At five years of age, Eric was sexually molested by an older boy. For him, confusion culminated with a physically abusive stepfather were seemingly impossible barriers to overcome. As a result, he locked the memory away into a box - vowing to keep it sealed for eternity. At 15 and 21 years of age, he encountered additional experiences, both which included alcohol and female perpetrators. During each of those incidents, he could not help but feel five years old again. Each incident forcing his childhood secret out of its hiding place. He would eventually tame the wave of ensuing emotions by forcing them back into the only place he could - back into the box. At 23 years of age, Eric set on a path to help others who were abused. He became a Special Agent with Army CID, specializing in domestic violence, child abuse and sexual assault investigations. He worked tirelessly to help victims find their voices. At 37 years of age, he stumbled upon another path, catapulting him into victim advocacy. He served as a Victim Advocate for the Air Force, and Regional Sexual Assault Response Coordinator for the Coast Guard. Eric developed a strong collaborative spirit and passion for educating communities, which led him to serve as a Board Member for the Monterey County Rape Crisis Center and Associate Board Member for End Violence Against Women International. He also previously served as the Training and Technical Assistance Manager at the U.S. Center for SafeSport, where he specialized in abuse prevention throughout the Olympic and Paralympic movement. He currently serves on the Board of Directors for the National Organization for Victim Assistance. In 2018 he organized Difference Makers (10 Strong), which is composed of national/international experts who address various forms of misconduct, abuse and violence around the globe.

RECOVERY & THE MANY FACES OF RESILIENCY (SURVIVOR PANEL)

Revealing dark parts of our lives certainly isn't easy. One of the reasons the Difference Makers (10 Strong) team was assembled was to share what resiliency looks like from various perspectives. Each presenter for this panel was inspired by something before finding their path to recovery. The road to recovery and resiliency looks different for everyone. The way it's done, the timing of disclosure, and the path to recovery all vary. In this training session, participants will have an opportunity to meet some of the Difference Makers (10 Strong) team and learn about their personal and/or professional experiences involving recovery and resiliency, which will assist with the development of real-world tools to assist other survivors.



Difference Makers (10 Strong) Sessions



CULTIVATING DIFFERENCE MAKERS: INFLUENCING A CULTURAL SHIFT

Understanding our individual responsibility and the impact it can have on the prevention of various forms of sexual misconduct and assault is imperative in today's world. Through enhanced education, understanding, and specialized skills training, this session will empower individuals to effectively prevent or interrupt sexual misconduct and assault, and/or any behaviors that fall on the continuum of harm leading up to those acts. Without intervention, offenders believe that the social and cultural climate supports their acts or, at a minimum, will guard them from detection. Our team of highly experienced and engaging presenters have the necessary ingredients to jumpstart the kind of change your community needs. Varied experience levels and professions are encouraged to attend due to the in-depth scenarios and prevention strategies that will be discussed throughout the presentation.

UNDERSTANDING ALCOHOL FACILITATED SEXUAL ASSAULTS: BLAME IT ON THE ALCOHOL?

The prevalence of sexual assault involving alcohol use is extremely difficult to gauge, because it is usually going unreported. Estimates of prevalence can be somewhat understood through a variety of sources (police reports, experience working with victims, and surveys). Although alcohol consumption and sexual assault frequently co-occur, this phenomenon does not prove that alcohol use causes sexual assault. Thus, in some cases, the desire to commit a sexual assault may cause alcohol consumption (e.g., when a person drinks alcohol before committing a sexual assault to justify their behavior). Moreover, certain factors may lead to both alcohol consumption and sexual assault. In fact, many pathways can prompt an individual to commit sexual assault, and not all perpetrators are motivated by the same factors.



Difference Makers (10 Strong) Sessions



EFFECTIVE LEADERSHIP: SHOWING UP FOR SHARP/SUPPORTING SAPR

Understanding the importance of maintaining a positive working relationship between military leaders and their supportive SHARP/SAPR staff is necessary for establishing a climate centered around dignity and respect. Changing culture is not easy by any measure and one way in which leadership/SHARP teams can work together to address the wide variety of obstacles they will face is through effective and continuous training engagements - well beyond the annual training requirements. Our team of highly experienced and engaging presenters have the necessary ingredients to lead a conversation focusing on building relationships between leaders, SARCs and victim advocates. The key areas of discussion will focus on improving training approaches and fostering a positive culture through effective decision-making skills for leaders at all levels.

REMOVING RETALIATION: CREATING A CULTURE OF RESPECT

The aftermath of a reported sexual assault can impact everyone involved. This often includes all parties connected to the reported incident and the peers and leaders who provide support to them. Through enhanced education, understanding, and specialized skills training, this session will provide useful tools for all individuals seeking to cultivate a supportive and respectful climate following a reported incident. Our team of highly experienced and engaging presenters have the necessary ingredients to jumpstart a critical conversation about the impact retaliation can have on individuals and command climate and culture. Varied experience levels and professions are encouraged to attend due to the in-depth scenarios and strategies that will be discussed throughout the presentation.

MILITARY INVESTIGATIONS & JUSTICE SYSTEM

This presentation is intended to assist military and civilian community first responders of sexual assault, domestic violence and child abuse in order to better understand the military investigative process. Understanding the overall investigation process will enhance their ability to support military-connected victims that report incidents on or off a military base.



ADDITIONAL TRAINING TOPICS

Collaborative Partner Sessions (Obbie West)



LET'S TALK ABOUT IT

An impactful presentation facilitated via Spoken Word and discussion covering the following:

- The Perpetrator's Perspective
- Male Victimization
- Lasting Effects of Sexual Assault
- Effects of Controlled Substances on Decision Making
- Ambiguity of Respect

RAPE CULTURE

A critical conversation facilitated via Spoken Word and discussion, addressing the toxic stigmas perpetrated by society and the hazards created by unhealthy definitions of consent.

LEADERSHIP INFLUENCE

An impactful presentation facilitated via Spoken Word and discussion, addressing how leadership influence effects human behavior.

BYSTANDER INTERVENTION

A critical conversation facilitated via Spoken Word and discussion, addressing the inherent struggles of a bystander, and ways to empower the bystander.

NOT YOUR FAULT

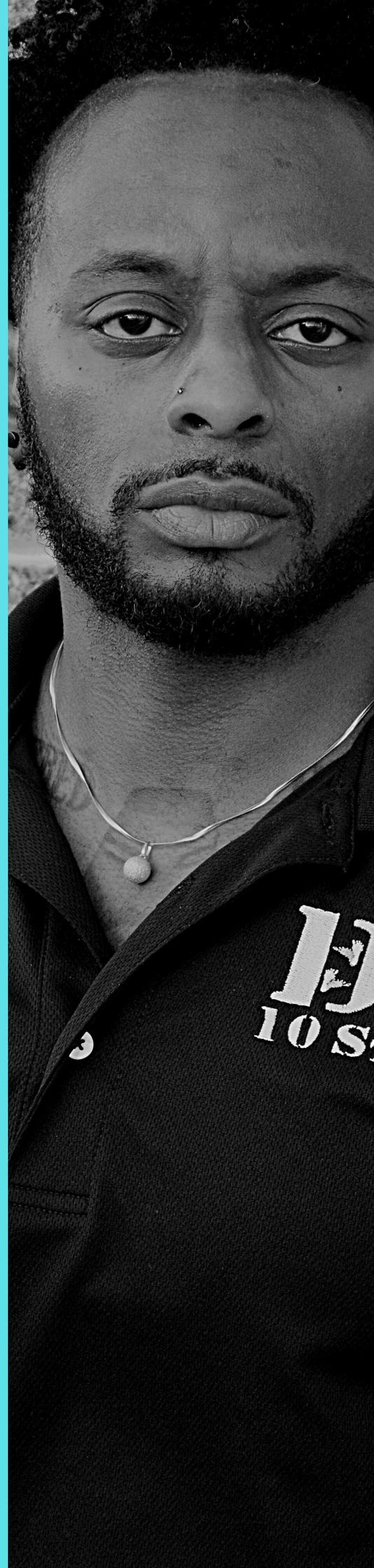
An impactful presentation facilitated via Spoken Word and discussion, addressing reasons survivors accept blame for abuse and offering tools to help survivors reject self-blame.

TRAUMA BONDING

A presentation addressing the psychological strongholds developed from cycles of abuse and reward. Explains why survivors struggle to leave abusive situations.

EMOTIONAL INTELLIGENCE

A discussion about emotional intelligence and its affect on relationships professional and personal; the importance of interpreting internal (self) and external (others) emotions and how effective interpretation can provide sound advice on how certain emotions should be treated, when working with survivors.



ADDITIONAL TOPICS

**Collaborative Partner
Sessions (Anna Nasset)**



TRAUMA CAKES: HOW TRAUMA DICTATES OUR LIVES

Most likely you or someone you know has experienced some type of traumatic event or trauma during their lifetime. It is much more common than people realize. Everyone's experience of a traumatic event is different. The event is not what determines whether something is traumatic to someone, but the individual's experience of the event and the meaning they make of the event. Overcoming adversity and coping with such events is paramount to a sense of well-being and resilience. This training looks at how trauma can affect every aspect of a person's life and what you can do to support them. Through conversation, stories, and activities each participant will walk away better equipped to serve each person they work with!

NOW I SPEAK: VICTIM IMPACT STATEMENTS

Anna shares her own victim impact statement and breaks down how she created it, the people she worked with, and her thoughts behind it. Her impact statement led to one of the longest sentences in history for stalking and has been lauded by the Prosecuting Attorney and Judge on the case as the reason this sentence was given. She looks at other victim impact statements and shares the great import they serve for sentencing and healing.



ADDITIONAL TOPICS

Collaborative Partner Sessions (Anna Nasset)

STAND UP
resources

WHITE SUNGLASSES (SURVIVOR TESTIMONY)

In this celebrated presentation Anna brings her energetic spirit to the stage and shares intimate pieces of her story to highlight the seriousness of stalking, childhood trauma, sexual assault, sexual harassment, mental health, and ultimately her road to resilience. She is open and transparent with her story, told through images of her life. Anna engages her audience to support one another and speaks directly to victims/survivors in the audience. Each attendee walks away claiming their own power and worth.

STALKED: CASE STUDY

Anna Nasset will present her insight as a victim of stalking for the last decade. Through the years, Anna has worked with countless service providers and community members, has successfully experienced prosecution and is currently still a victim of stalking. The offender is serving a 10 year prison sentence for the crime. This incredibly unique and nuanced case study allows service providers and first responders to hear first-hand how victims navigate the world, the legal system and begin to build a new life. Participants will learn best practices when working with victims of crime. Anna curates each training to her audience and will work with your organization on length, material and highlights.

OUR SILENCE: SUICIDE AWARENESS AND PREVENTION

Through true stories, interactive conversations, videos, and dialogue; Anna engages professionals in the field, or general audiences on the importance of recognizing the signs of suicide and how to create a culture of prevention. She works to take away the stigma that conversations around suicide hold in our culture, while giving tools and tips for each attendee to walk away with.



ADDITIONAL TOPICS

Collaborative Partner Sessions (Nicole Snell)



S.A.V.E. (SAFETY, ASSERTIVENESS, VIOLENCE PREVENTION, EMPOWERMENT)

Safety, Assertiveness, Violence Prevention, Empowerment (S.A.V.E.) is designed for companies, businesses, the US military or any non-student group that wants to empower their community and employees with personal safety tools, discussions on how to avoid unwanted social interactions with colleagues and co-workers, how to use verbal strategies to avoid or de-escalate confrontations, and how to use simple physical strategies for self-defense.

Led by self-defense expert and International Speaker Nicole Snell, S.A.V.E. will address issues of sexual harassment, personal safety and boundary setting to help organizations create a safer and healthier workplace setting for all. Professionals and individuals shouldn't have to choose between their safety and their livelihood or enjoyment of activities. Everyone deserves to feel safe going about their lives, without limiting themselves, their work or their opportunities out of fear.

This program is ideal for groups with employees who travel off site (especially solo), take meetings at various locations or times, are required to be alone with clients/strangers as part of their job function, or for any group who wants to learn practical skills to increase their confidence in their ability to protect themselves. Nicole will include discussions on essential safety concepts and include interactive practice using verbal and physical strategies for self-defense.



ADDITIONAL TOPICS

Collaborative Partner Sessions (Nicole Snell)

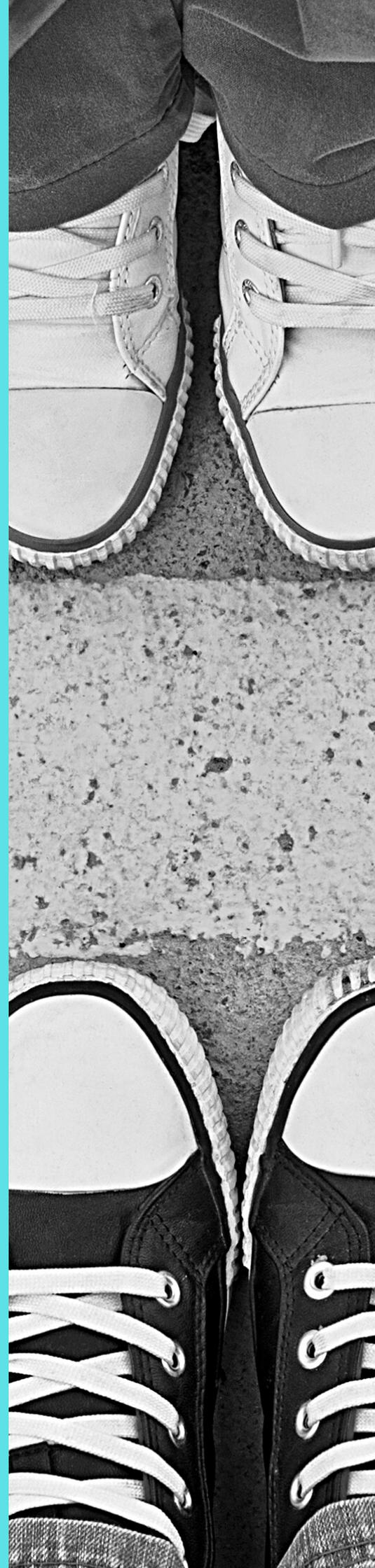


BOUNDARIES FOR PERSONAL EMPOWERMENT

This interactive and engaging program led by award winning international speaker, Nicole Snell, provides participants with simple and effective options to set boundaries and handle a variety of uncomfortable and/or threatening situations with both the people we know and those we don't. It's designed as both a prevention and recovery tool for any group that wants to feel confident setting boundaries in professional, personal, and/or relationship settings. We'll discuss the importance of articulating and speaking up for your needs using assertive communication, and provide tools to help you recognize manipulative behavior and enforce your boundaries in direct and respectful ways. Participants will leave with actionable skills they can start using immediately.

GIRLS FIGHT BACK

Girls Fight Back is the world-renowned personal safety and empowerment self-defense seminar for women and girls that also offers gender inclusive programming. Led by CEO and self-defense expert, Nicole Snell, this program provides practical and empowering options for women and people of all genders to learn violence prevention, awareness, boundary setting, verbal skills and physical self-defense techniques in a fun, interactive, supportive and upbeat environment. For over 20 years, Girls Fight Back has been leading the conversation on violence prevention, personal safety and self-defense while actively supporting survivors and we have empowered over 1 million people around the world. The program is inclusive, trauma informed, evidence based, victim centered and grounded in empowerment self-defense strategies. The program is designed to teach skills that can increase confidence, reduce anxiety, increase self-esteem and provide actionable steps for managing your safety in a variety of situations. Nicole believes that when we are empowered to live our lives confidently and freely, there is no limit to what we can do. You are worth fighting for!



ADDITIONAL TOPICS



Collaborative Partner Sessions (Dr. Vanessa Dunn Guyton)

PROVIDING VICTIM SERVICES TO THE LGBTQIA+ COMMUNITY

Participants will receive training designed to identify and discuss sexual harassment from the perspective of sexual orientation. Sexual orientation is often considered a difficult topic as it relates sexual harassment and assault issues because it brings up differences in religion, perceptions of morality, and politics. This training will include these discussions, review key definitions of LGBTQIA+, facts and myths of the LGBTQIA+ population, and events that have transpired in the LGBTQIA+ community. Additionally, training will include how to provide services to this population and role-plays to enhance communication and services. The objectives of this training is to ensure your program provides effective services, information, awareness, and prevention of sexual harassment and assault for all, regardless of their sexual orientation.

PROVIDING VICTIM SERVICES TO THE DISABLED COMMUNITY

Due to the fact that individuals who have a disability are 7 times more likely to be impacted by sexual assault, domestic violence, and crime; the chances of having a victim with a disability and the need for training increases. This training will provide an understanding of what it means to have a disability, how individuals are impacted, the most common perpetrators, strategies to service individuals, and discuss the proper disability terminology. Participants will leave with a better understanding of the disabled community and be able to evaluate their programs to determine if they are prepared to provide essential services to their victims with disabilities.

UNDERSTANDING THE INTERSECTION OF PORNOGRAPHY AND SEXUAL ASSAULT

This training explores the growing epidemic of pornography in our society. We will discuss the research that shows the intersection of pornography addiction, sexual assault, trafficking and incest. This class will also address sexual addiction and how the brain reacts to watching sex and self gratification. Participants will be introduced to a different perspective of pornography and leave with a better understanding of the industry and how it relates to sexual assault.



ADDITIONAL TOPICS



Collaborative Partner Sessions (Dr. Vanessa Dunn Guyton)

DRUG & ALCOHOL ADDICTION AFTER TRAUMA

Research shows that the increase of possible drug and alcohol addiction increases by 70% after experiencing a traumatic event. This is a growing problem and a high risk that is rarely discussed with Victims. This interactive class was developed to discuss these major side effects to help prevent them from occurring and to provide strategies on how to help Victims who are addicted to drugs and/or alcohol. We will not stop the actions if we do not address the underlying problem. Participants will leave this training with an awareness of potential risks of drug and alcohol addiction, and how to assist someone who is struggling with addiction after trauma.

ETHICS, CONFIDENTIALITY AND BOUNDARIES IN VICTIM SERVICES

This training is designed to explore common ethical conflicts and how to apply ethical standards and decision-making to resolve them in the field. Victim Advocates will review and receive the National Victim Assistance Standards Consortium (NVASC) Standards for Victim Assistance Programs and Providers, multiple worksheets on The Decision-making Process and take a Self-Awareness Inventory. Additionally, participants will use case studies and vignettes that are tailored to the type of services offered by your organization. The overall objective of this training is to exceed the annual training requirements for Victim Advocates and to educate them on how to make ethical decisions.

IMPACT OF MUSIC, MOVIES AND SOCIAL MEDIA ON SEXUAL ASSAULT AND HARASSMENT

A fun and interactive class that explores how social media impacts our views on sexual assault, sexual harassment, bullying, drugs, and alcohol. Participants will be introduced to a different perspective of social media. This class targets all ages and media platforms and encourages learning via the internet.



ADDITIONAL TOPICS

Collaborative Partner Sessions (Donna Bartos)



LEVEL UP

Have you attended every victim advocacy training under the sun, but still get “stuck” when responding to a disclosure of victimization? If so, Donna Bartos, Founder and CEO of BLOOM365 created this LEVEL Up training just for you! You will leave with the tools and confidence to provide LEVEL advocacy.

Listen: Listening skills or lack thereof can create roadblocks to good advocacy. Learn how to listen, even when you want to share your opinion.

Empathize: Empathy is at the core of victim advocacy. Fully embracing the first “E” in LEVEL will help to ensure your advocacy responses are free of advice giving and sympathy.

Validate: The first step to validating a survivor’s experiences and to do it consistently is to understand the nuance of language. The “V” part of this training aims to root out victim blaming once and for all.

Encourage: Ever wonder why a friend, peer, colleague or family member stopped confiding in you after they disclosed victimization? The 2nd “E” in LEVEL uncovers easy to implement ways to leave the door open for future advocacy and support.

Link to Resources: There are lots of resources out there, but have you vetted them? Together, attendees will identify and discuss the importance of referring survivors to inclusive and culturally specific resources.

Participants will leave with a LEVEL advocacy toolkit.



ADDITIONAL TOPICS

Collaborative Partner Sessions (Donna Bartos)



FROM WILTING TO BLOOMING: A SURVIVOR'S STORY OF HOPE, COURAGE AND ACTION

This thought-provoking root cause prevention and proactive response training transforms current research on domestic violence and sexual assault prevention into practical and universal response solutions anyone can use. Childhood sexual assault, teen dating violence and domestic violence survivor turned advocate, Donna Bartos will take attendees on a deep dive exploration of the roots of interpersonal violence perpetration and the solutions to stop it- from birth into adulthood. The first part of this interactive training will connect real life experiences and case studies with current research on Adverse Childhood Experiences, Risk Factors, Protective Factors and Social Determinants of Health. Part two will focus on preventing interpersonal violence at all levels of society. To prevent loss of life to domestic violence requires more than just tertiary (after harm has occurred) responses. It requires whole communities working together to prevent and respond to the individual, relationship, community and societal root causes of violence. Participants will leave with the "Are you blooming or wilting?" education tool and the knowledge and confidence to utilize it in all peer to peer and community based outreach, advocacy and intervention conversations.

3 R'S PEER ADVOCATE TRAINING: RECOGNIZE, RESPOND, REFRAME

The 3 R's training prepares young people ages 18-24, with the knowledge, skills and tools they need to be influential Peer Advocates in the prevention of dating abuse, domestic violence and sexual assault. Leveraging up-to-date data and case studies, Peer Advocates will know how to recognize the signs, respond appropriately, and reframe the peer-to-peer conversation prevention and response. The complexities and nuances for responding to these stigmatized issues are covered through an inclusive lens and practical tools are provided to advance root cause prevention in any peer group or organization.



ADDITIONAL TOPICS

ASHLEY BENDIKSEN
END ABUSE | LEAD THE CHANGE | *Speaker*

Collaborative Partner Sessions (Ashley Bendiksen)

DEFYING ALL ODDS : A SURVIVOR'S STORY OF REDEMPTION AND RISING UP

This powerful presentation inspires, educates, and unites audiences to eradicate abuse. It shines light on how domestic and sexual violence occur, its impact on the life of a victim, and more importantly, the hope that exists for any survivor to break free and thrive. Despite years of abuse and violence that left Ashley homeless and a college dropout, she rose to become a pioneer for change. She rewrote her story, dedicated herself to raising awareness, and built an accomplished career in victim services and prevention. Today, Ashley is an acclaimed expert in abuse prevention, specializing in educating youth, as well as an award-winning activist, author, and founder of a global storytelling platform for survivors.

SUPPORTING THE TRANSITION FROM VICTIM TO THRIVING SURVIVOR

First responders and victim services professionals play a critical role. How they respond directly correlates with a survivor's overall experience and ability to heal. This presentation unfolds the complexities of abuse and teaches best practices. Attendees will hear a personal story, plus case stories from the speaker's professional experience supporting survivors in courtroom, community, and campus settings. Attendees will learn common behavioral response patterns survivors experience, plus develop trauma-informed and empowerment-based support skills to help a survivor regain their power and their ability to self-advocate - this is at the core of healing.



ADDITIONAL TOPICS

ASHLEY BENDIKSEN
END ABUSE | LEAD THE CHANGE | *Speaker*

Collaborative Partner Sessions (Ashley Bendiksen)

IMPACT OF DOMESTIC VIOLENCE ON THE WORKPLACE: BEST PRACTICES FOR EMPLOYERS AND HOW TO MITIGATE HARM

Domestic violence impacts 1 in 3 women and 1 in 4 men. In your workplace, how many would this affect? Though abuse occurs "in the home," research demonstrates a direct impact on the workplace - from losses in productivity to chronic time off. Abuse can also happen directly within the workplace - from harassing emails to constant phone calls or visits. Domestic violence therefore not only harms the employee, but carries inherent risks for an employer, impacts workplace culture, and hurts a company's desired outcomes. Additionally, victims will hide or minimize the abuse, or prevent taking action to escape, for fear of losing their job. A significant number of states have since passed legislation to provide workplace and employment protections to prevent these issues. This presentation enhances awareness, shares best practices and policies, educates on current laws, and trains entire workplaces on how to respond - from employers to concerned co-workers.

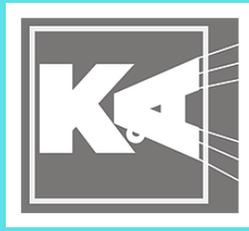
REDUCING DATING & SEXUAL VIOLENCE AMONG TEENS: PREVALENCE, IMPACT AND WHAT PARENTS/ADULTS CAN DO

Gender-based violence impacts teens and young adults (ages 14-24) at higher rates than any other demographic. Statistically, 1 in 3 teens will experience dating violence, 1 in 5 girls will experience sexual assault by age 17, and 13% of all college students will experience sexual assault or rape. These issues then cause a direct secondary impact on mental and emotional well-being and academic success. Further, there are disturbing NEW trends in technology and social media that are increasing the frequency and severity of abuse, assault, and exploitation. This presentation is critical for any adult who works with teens or has a teen in their life. It combines the presenter's personal story, education and research, and insights from her work speaking to teens on these issues year-round. Learn common red flags to look out for, simple strategies to intervene and offer help, plus proven approaches aid in both prevention and response.



ADDITIONAL TOPICS

Collaborative Partner Sessions (Kendall Alaimo)



THE HUMAN TRAFFICKING TALK

Today, there are more people enslaved than ever before in history. Human trafficking is a 150 billion dollar industry. Join child sex trafficking survivor, international activist and trauma talker Kendall Alaimo for her human trafficking talk. She defines what human trafficking is and the various types of trafficking including, sex trafficking, forced labor, debt bondage, adoption trafficking, organ trafficking, forced marriage and domestic servitude. She illustrates what factors make populations and individuals vulnerable to trafficking. Around the world we have a lack of clinicians that understand how to take current therapeutic treatment methods to specifically treat the unique configuration of complex trauma symptomatology seen in human trafficking survivors. How do we treat dehumanization? How do we support survivors in being whole and human? As an activist, Kendall passionately advocates that better clinical and aftercare services accessible to survivors is imperative. She also explores how human trafficking is a threat to global security. Through this training attendees will learn the span of the problem of modern day slavery, how to recognize it, respond and ways they can take action to ensure freedom for all.

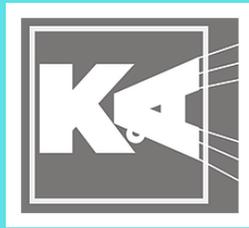
THE ART OF SURVIVORSHIP: KENDALL ALAIMO'S STORY

Kendall Alaimo is a lot of things. She is an international activist, a clinical educator, a professionally trained artist, but most importantly Kendall is a survivor. Kendall is a survivor of child sex trafficking. What survived is her voice and she is using it around the world to innovate clinical care for complex trauma survivors. Through this talk Kendall courageously shares her story of surviving child sex trafficking, her recovery journey, the lessons she learned about what it means to be human, and how she took her adversity and turned it into action to serve the those affected by the fallout of all types of trauma. Kendall believes we all must courageously turn towards the trauma we often turn from and bravely be witness to the experiences of others in order to heal as a global community.



ADDITIONAL TOPICS

Collaborative Partner Sessions (Kendall Alaimo)



THE TRAUMA TALK

Kendall Alaimo has spoken both domestically and internationally in her mission to educate, support and provide hope to populations affected by the fall out of all types of trauma through her Trauma Talk. This talk explores trauma across the life span, dissects common roadblocks to the way we are applying current treatment modalities and provides clinical solutions to complex trauma care. She illustrates how pediatric trauma affects neurodevelopment and explores the science behind the brain's response to traumatic lived experience. Kendall dissects and exposes the unique symptomatology of complex trauma which often results in a large number of misdiagnoses and suicides globally. Kendall believes we have the tools for trauma repair but that we need to reconceptualize their applications.

THE SUICIDE PREVENTION TALK

Join Kendall in her suicide talk to learn more about how we can prevent the 800,000 completed suicides we are seeing around the world globally each year. When we can recognize and treat the trauma, talk openly and responsibly about suicide, and build community that witnesses the suffering of others we can prevent these acts. Kendall believes, "We can not exist if we don't belong and if we don't belong we can not exist." She believes when people are courageous witnesses to the lived experiences of trauma survivors it allows them to continue to exist. This training goes over how to recognise signs of suicidal thinking and behavior, how to start the conversation, how to respond with compassion, provide needed intervention, how to talk responsibly about suicide, what recovery looks like and new medical modalities that are saving lives.

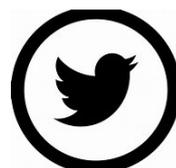
MILITARY AND THE MIND TALK

This talk combines curriculum in The Trauma Talk, The Suicide Prevention Talk and additionally is catered to focus on trauma informed care specifically for military populations. During this training Kendall explores what factors make some military personnel more vulnerable to developing PTSD after exposure to trauma in service. During this training Kendall explores ways to overcome the stigma that often prevents military personnel from seeking needed therapeutic services needed to heal from their lived human experiences in service. She talks about how military communities can best respond to someone experiencing flashbacks or other comorbid trauma symptoms. Lastly, Kendall also talks to military personnel that have lost people in service how we can create life after witnessing death.



DIFFERENCE MAKERS (10 STRONG) OTHER OFFERINGS

- **Victim advocacy workshops for CEUs**
- **Survivor or expert panel participation or organization**
- **Organization wide training with customized target areas**
- **Conference/summit planning and consultation**
- **Virtual live training series**
- **Keynote speaker options**



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