



## On-Demand Training Topics

### SUPPORTING SURVIVORS

#### **SECONDARY TRAUMA AND SELF-CARE**

Approximate time required: 1 – 1.5 hours

Beginner to intermediate

*People in the helping field often bear witness to the impact traumatic events can have on their clients and patients. Repeated exposure to these trauma responses can result in burnout, vicarious trauma, and other forms of secondary trauma. This training reviews the different forms of secondary trauma, how to recognize them in yourself and others, and ways to help manage and prevent secondary trauma.*

#### **SEXUAL VIOLENCE 101 AND THE NEUROBIOLOGY OF TRAUMA**

Approximate time required: 2 hours

Beginner to intermediate

*In the age of #MeToo, #TimesUp, and #BelieveSurvivors, discussions of sexual violence have been in the spotlight now more than ever. As allies, it is important that we understand the nuances of sexual violence and the impact they have on survivors. This training discusses the definitions of various sexually violent behavior, the spectrum of sexual violence, and its prevalence, then takes a deep dive into how the brain responds during a traumatic experience, common trauma responses in survivors, barriers to reporting, and best practices when responding to someone who has disclosed their survivorship.*

#### **TRAUMA AND SUBSTANCE USE – SUPPORTING HEALING AND RECOVERY**

Approximate time required: 1.5 hours (can also be a 5-hour training)

Intermediate

*Survivors of sexual assault can experience stigma and harmful responses when they disclose. Individuals struggling with addiction can also often encounter perceptions that substance misuse represents a moral failing. When substance use and sexual violence intersect, these stigmas can be compounded to devastating effect. As advocates, it is important to understand the complexities that confront a survivor who is dealing with exposure to trauma and substance use. This training focuses on increasing the understanding of how exposure to trauma can increase susceptibility to developing substance use disorders. Additionally, participants will gain insight into how socially-reinforced personal biases regarding substance use may influence practice around cases involving these co-occurring issues. Strategies to effectively work with survivors coping with addiction will also be explored.*

#### **UNDERSTANDING THE ROOTS OF SEXUAL VIOLENCE**

Approximate time required: 1.5 – 2 hours

Intermediate

*Ending sexual violence is a lofty goal, but one that can be accomplished. In order to effectively prevent violence, we must address the roots of power-based violence. This training includes a discussion of the history of the anti-sexual violence, focusing specifically on the intersection of sexual violence and oppression. Participants will explore the ways in which oppression has influenced the anti-sexual violence movement, and how advocates can support centering an anti-oppressive framework within intervention practices.*

## **WORKPLACE SEXUAL HARASSMENT**

Approximate time required: 1.5 hours

Beginner to intermediate

*After the viral #MeToo, sexual harassment in the workplace has been a centralized topic of conversation. It is important to recognize and address harmful behaviors before and when they occur. This training addresses sexual harassment in the workplace with an eye towards both prevention and remedy. The training covers the definition of sexual harassment under federal and state law; conditions that can lead to workplace sexual harassment; the importance of understanding oppression, intersectionality, power dynamics and implicit bias to creating a safe and affirming workplace free from sexual and other workplace harassment; sexual and workplace harassment based on LGBTQ status or identity; practices for creating a safe workplace and strategies to address sexual harassment; remedies available to employees under federal and state law; confidentiality and its limits; and company policy.*

## **PREVENTING SEXUAL VIOLENCE**

### **#NOFILTER: MEDIA LITERACY AS SEXUAL VIOLENCE PREVENTION**

Approximate time required: 1.5 – 2 hours

Beginner to intermediate

*In the 21<sup>st</sup> century, mainstream media surrounds us nearly 24/7. Working toward ending sexual violence means creating safer communities for those who have experienced systemic oppression. These efforts must include media and online spaces, where much of our culture exists in the 21st century. "#NoFilter: Media Literacy as Sexual Violence Prevention" will explore how media literacy skills are linked to sexual violence prevention efforts and empower participants to use these skills in everyday life.*

### **EMPATHY AS SEXUAL VIOLENCE PREVENTION**

Approximate time required: 1.5 – 2 hours

Intermediate

*Building a world free of violence requires us to recognize the humanity of every individual, something that advocates and prevention practitioners strive to do through a variety of means. One way we can accomplish this is through building empathy. While empathy is often used by advocates and others working directly with survivors, it can also be a crucial part of our prevention practice. This training will offer participants an in-depth exploration of empathy, the different forms of empathy, why it can be used in prevention efforts, and how we can incorporate these values into our practice.*

### **SEXUAL VIOLENCE PRIMARY PREVENTION**

Approximate time required: 2 – 3 hours

Beginner to advanced

*The #MeToo movement has empowered survivors of sexual violence to come forward and share their experiences, but how can we prevent sexual violence from occurring in the first place? A common motivation for entering helping professionals is to promote safe and healthy communities for all, and this must include the elimination of sexual violence. This training provides an overview of prevention through the public health model and offer suggestions on ways we can contribute to prevention daily.*

## **UNDERSTANDING THE ROOTS OF SEXUAL VIOLENCE**

Approximate time required: 1.5 – 2 hours

Intermediate

*Ending sexual violence is a lofty goal, but one that can be accomplished. In order to effectively prevent violence, we must address the roots of power-based violence. This training includes a discussion of the history of the anti-sexual violence, focusing specifically on the intersection of sexual violence and oppression. Participants will explore the ways in which oppression has influenced the anti-sexual violence movement, and how advocates and prevention practitioners can support centering an anti-oppressive framework within sexual violence prevention and intervention practices.*

*Please note: This is not an exhaustive list. If there is a training topic you do not see listed here but wish to request, please reach out to [info@njcasa.org](mailto:info@njcasa.org) for more information.*

