

Beijing+30: Embracing the Personal Journeys of GBV Survivors

Delivering Safe and Dynamic Spaces for GBV Survivors to Connect

NO MORE



Carole Fisher

Carole Fisher, a host of the award-winning The Girlfriends Podcast and NO MORE Ambassador. Carole is a well-recognized healthcare leader focused on social impact issues. First and foremost - she's a mother and grandmother. Secondly, she is a first-time podcaster - she dated a man for six months who turned out to be a murderer, and after nearly 30 years, she's telling her story to help others. Thirdly, she is a successful businesswoman in the world of palliative care.

A social worker by training, she previously served as the President and CEO of one of Nevada's largest hospices. Today, she is a C-Suite senior director with Healthsperien, LLC, a Washington D.C. consulting firm working on a variety of social impact issues ranging from mental health to hospice care.



Survivors' journeys are never linear—so how can we better support them at every stage of recovery?



Dr. Laura Sinko is an Assistant Professor at Temple University and the Director of Research and Evaluation at Our Wave, an online healing platform for survivors of gender-based harm.



Kyle Linton is the Executive Director and Co-Founder of Our Wave.



Karoline Starostik is a survivor, advocate, and philanthropist who uses her platform to end all forms of domestic and sexual abuse.



Taylor Miller is a manager at Speak Your Truth Today. She is a dedicated advocate and changemaker in the gender-based violence space.



Amrita Dasgupta is the Executive Director of Swayam, a feminist organization based in India that has been working for the last 30 years to address gender inequality and violence against women and girls.

Find out more about our speakers here



Personalizing Survivor Recovery

Identifying and supporting survivors based on where they are in their healing journey

Background

A more nuanced understanding of survivor healing states can enable providers to deliver personalized, trauma-informed care that better addresses the diverse needs and experiences of gender-based violence survivors.



Laura Sinko PhD, MSHP, RN

Director of Research and Survivor Support, Our Wave

Project Objectives

1

Articulate unique GBV survivor healing states in multi-national samples

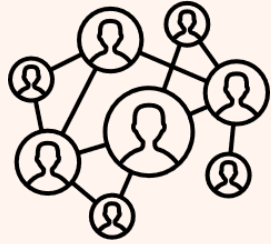
2

Create a rubric to evaluate GBV survivor narratives and classify them

3

Create a self-report measure so survivors can reflect on and classify themselves

Research Approach



Social Network



Body Map



Lifeline



Card Sort



USA (n=41)



Japan (n=47)



Ireland (n=12)



Turkey (n=12)

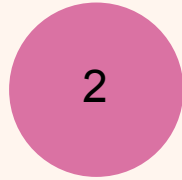


Greece (n=14)

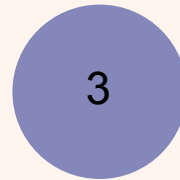
Healing States Found



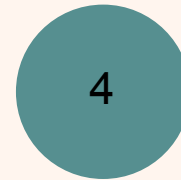
Normalizing



Minimizing



Shut down



Consumed



Surviving



Seeking



Integration

Normalizing



"I did not recognize what I experienced was violence."

The survivor has internalized social beliefs that normalize violence, and does not recognize violence after experiencing it. They do not identify as a survivor.

Minimizing



"It was no big deal. I did not want to be dramatic."

The survivor has internalized social beliefs that normalize violence, and does not recognize violence after experiencing it. They do not identify as a survivor.

Shut Down



"I just feel numb. Nothing."

The survivor cognitively recognizes the trauma's impact, but may close themselves off from their feelings or body or feel powerless in managing their symptoms.

Consumed



"All I can think about is my trauma."

The survivor views trauma and its aftermath as the primary determinant of their selfhood, functioning, emotions, and decisions. They may be able to function from the outside, but struggle to focus on things outside of their survivorship.

Surviving



"There is too much chaos around me. I don't have the energy right now."

The survivor focuses on events outside of themselves to explain their suffering. They may struggle with not having basic needs met or feeling out of control of their environment. Solving daily problems may take priority over healing engagement.

Seeking



"Nothing is working, but I will keep trying."

The survivor makes an intentional effort to explore ways to cope with or heal from the trauma. They may still experience struggle, but are experimenting with ways to manage their distress and find sustainable solutions that work for them.

Integration



"I may experience setbacks, but I know that I have the tools to manage it."

The survivor can balance the sense of mastery and success in healing with the acknowledgment and acceptance of occasional setbacks. They recognize the trauma's impact but are not defined by it.

Products Created

The Trauma Recovery Rubric (TRR)

The Self-assessment for trauma recovery (START)

Learn
more



Next Steps

- Develop a care guidebook for providers
- Integrate assessment tools into an online healing curriculum on the Our Wave platform



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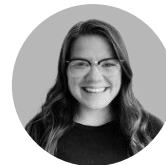
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Speak Your Truth 

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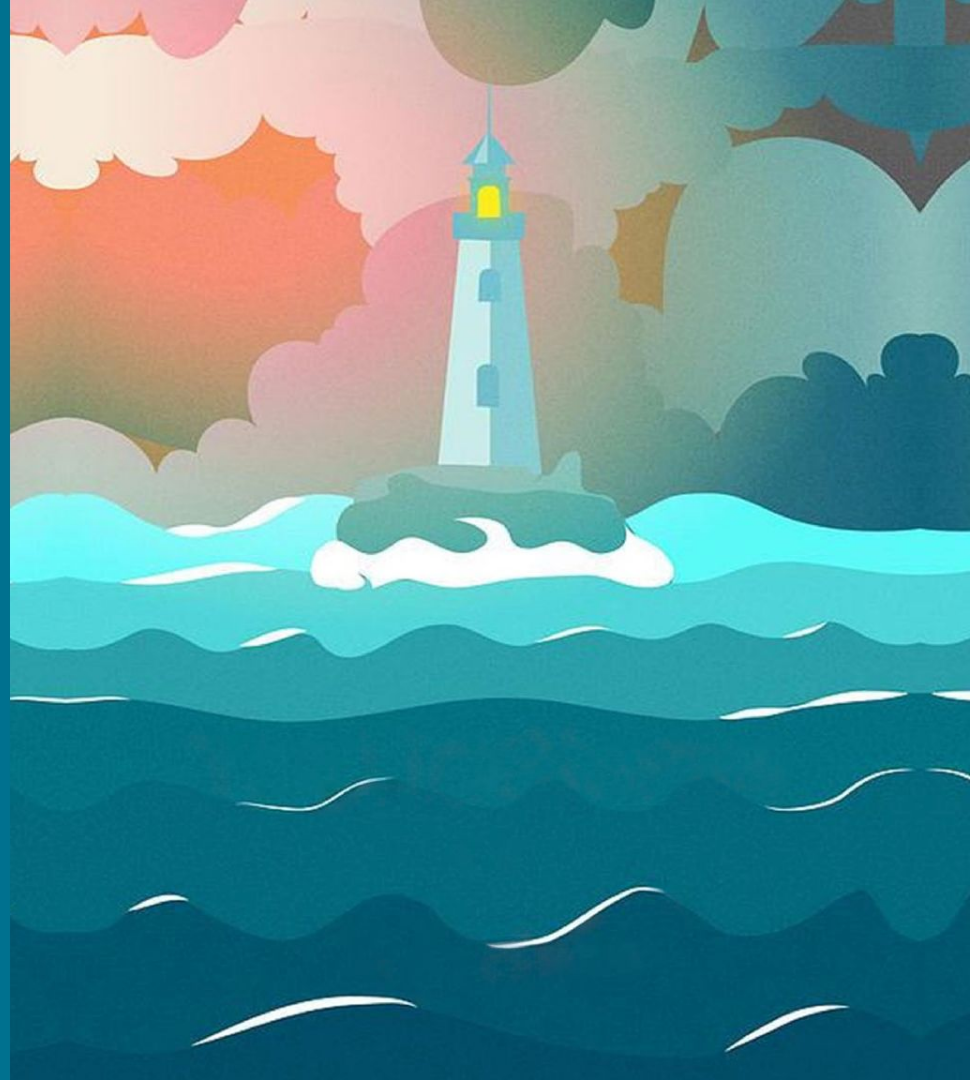
The Lighthouse

A guide for survivors of abuse



by E. R. Moon

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