

# Resilience

**Welcome back!**



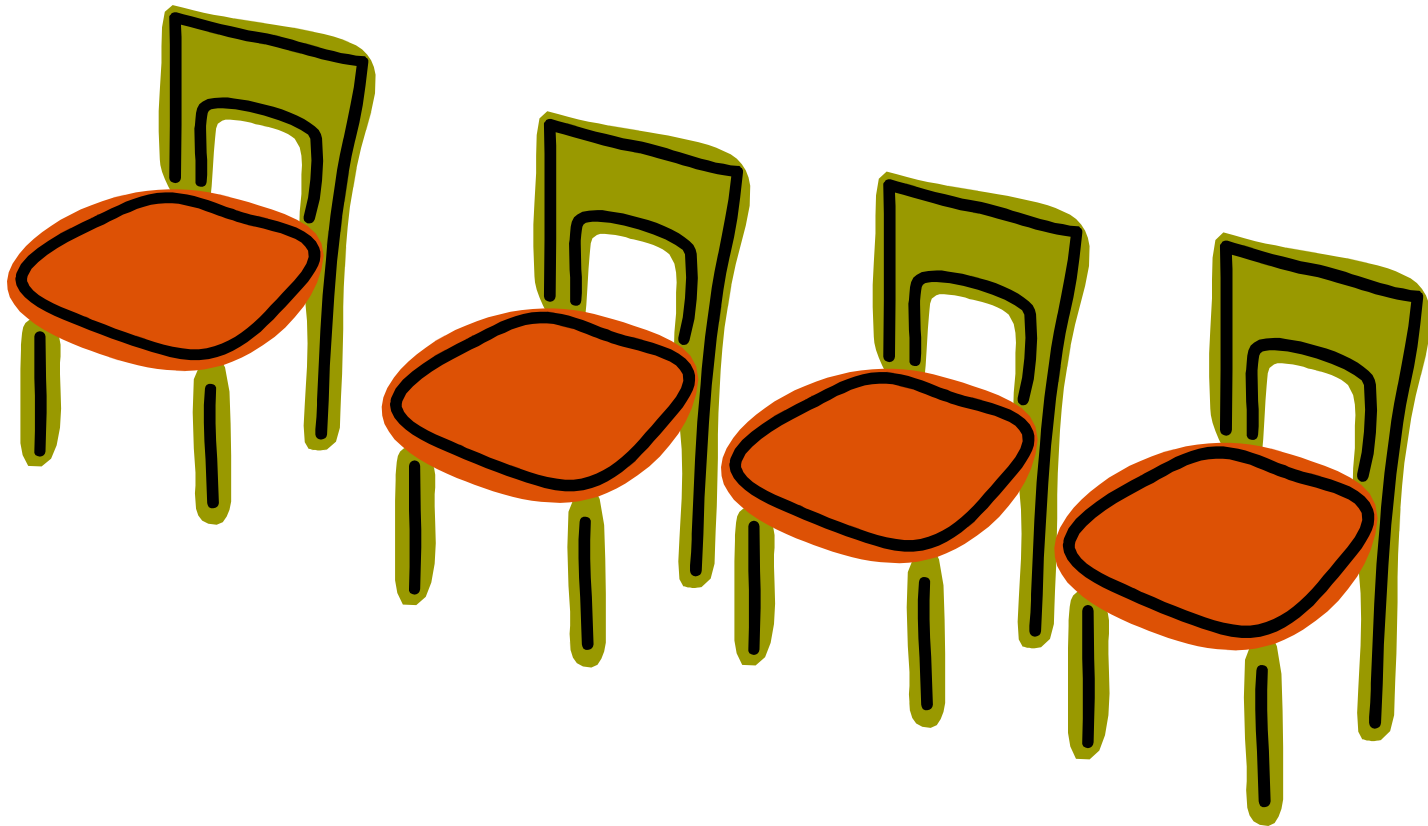
# Resilience – so what?

Putting theory into practice in the real world

## Opening exercise



# The Pathway of Temptation



# The Pathway of Temptation

Things are  
getting worse.  
Please send  
chocolate.



# Four pre-conditions to abuse



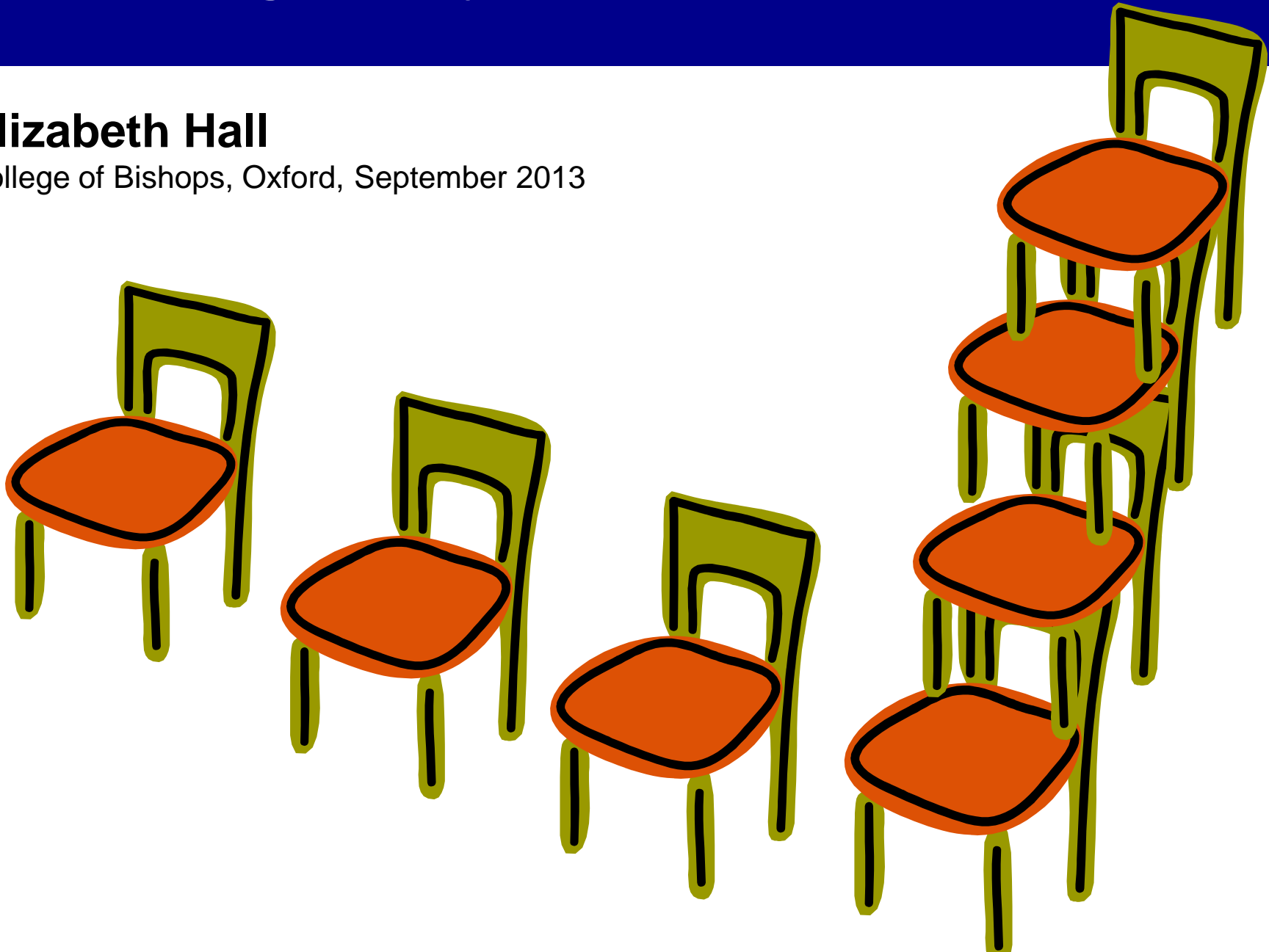
## David Finkelhor

Director of the Crimes against Children Research Center, Co-Director of the Family Research Laboratory and Professor of Sociology at the University of New Hampshire.

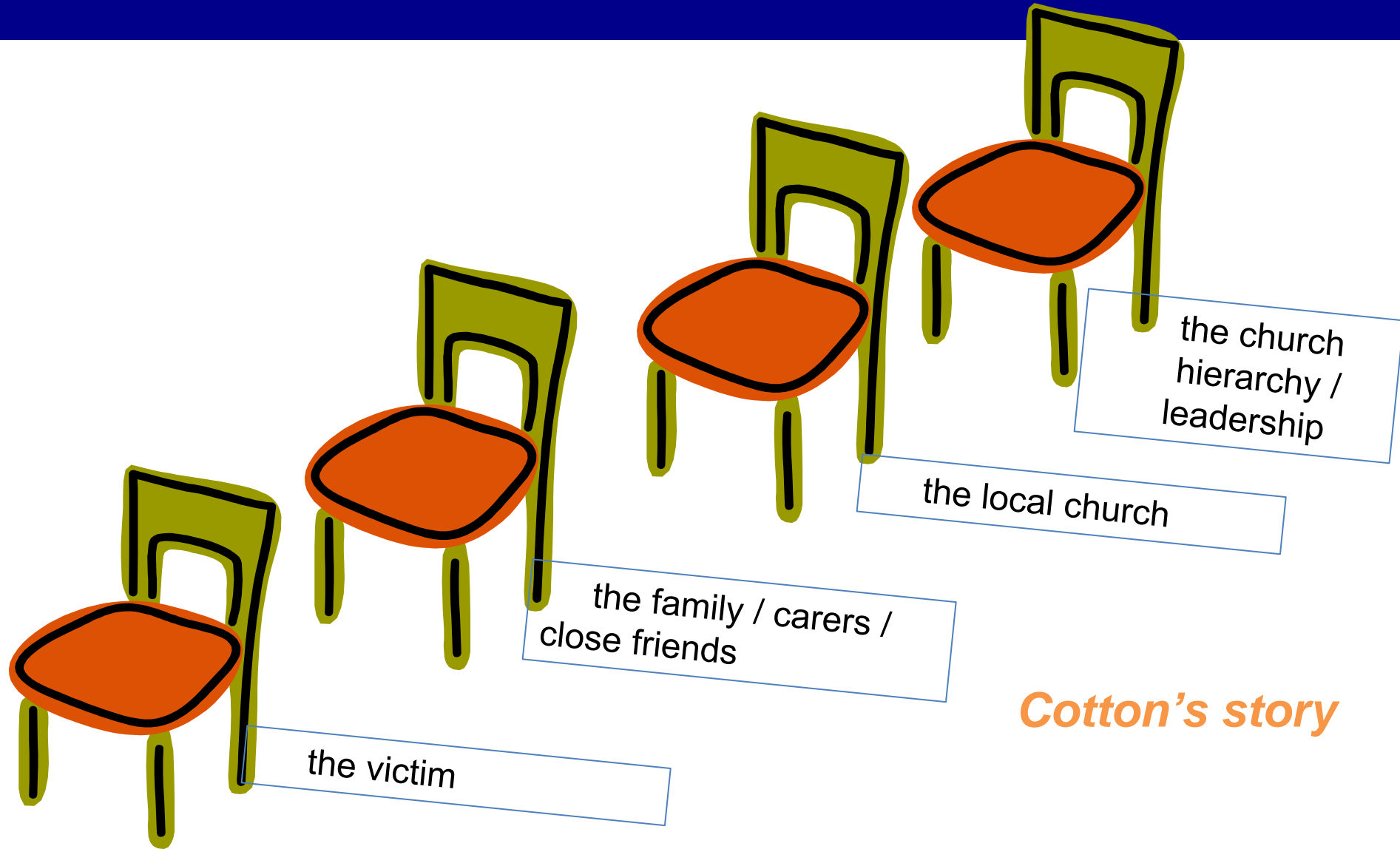
# The Grooming Pathway

## Elizabeth Hall

College of Bishops, Oxford, September 2013



# The Grooming Pathway

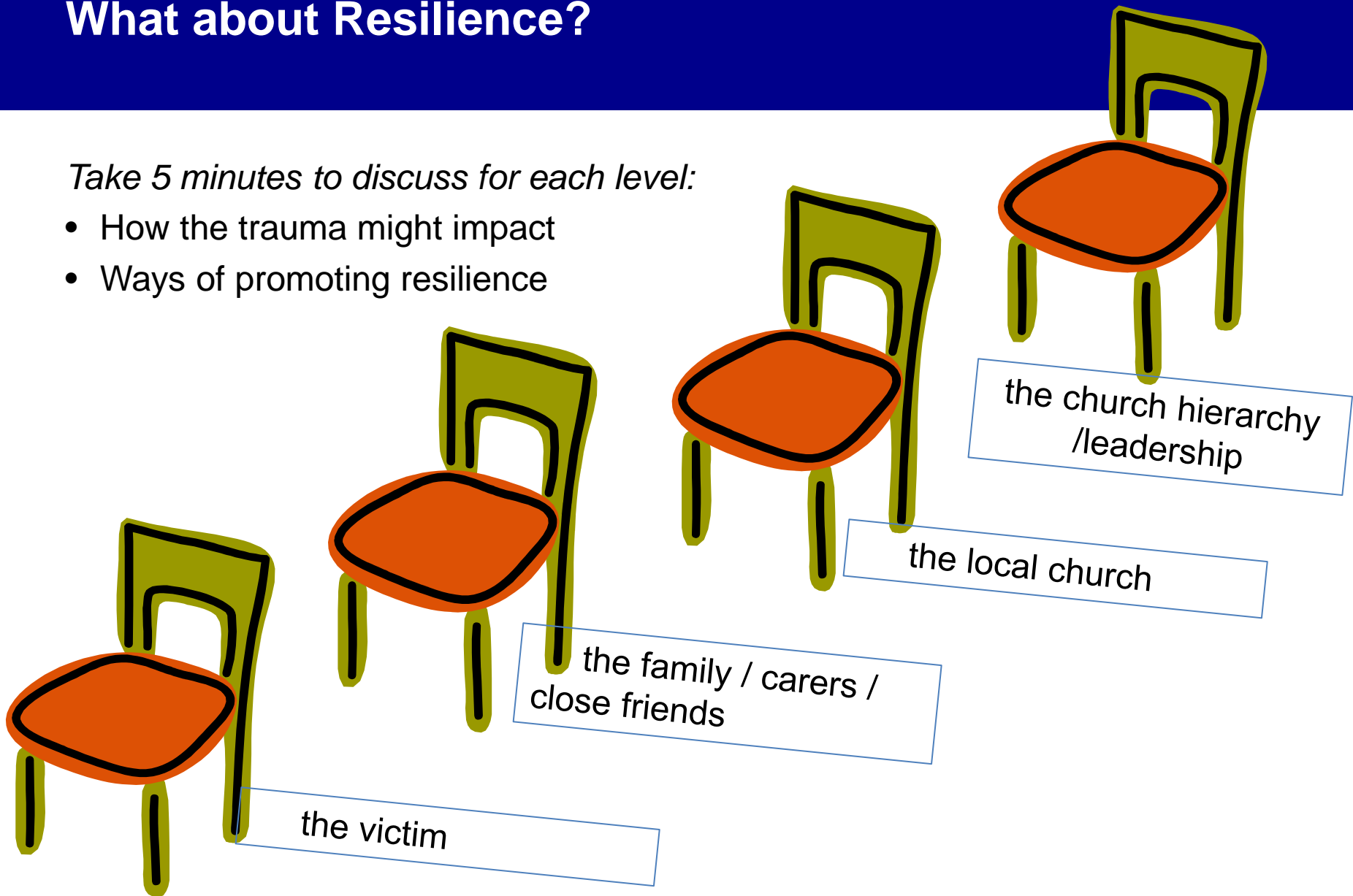




# What about Resilience?

*Take 5 minutes to discuss for each level:*

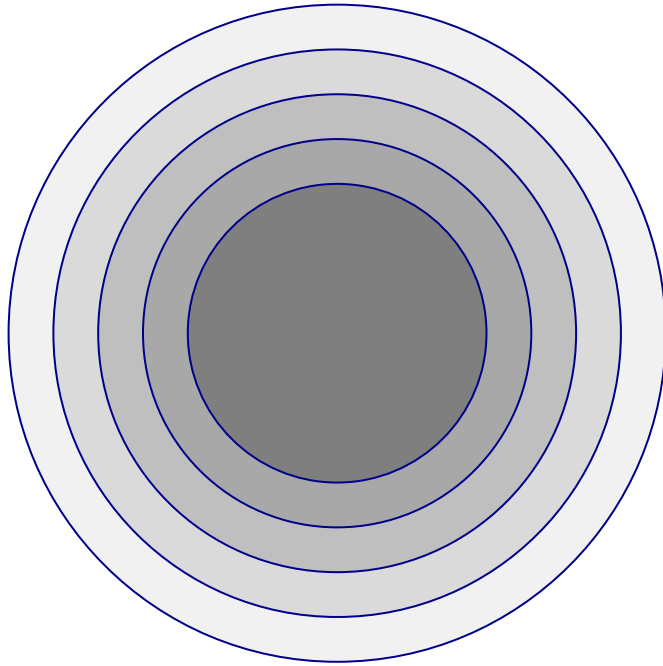
- How the trauma might impact
- Ways of promoting resilience





# Resilience

## Arena of Safety



## Reflection

*Take a moment to remember your initial encounter with sexual abuse*

- How did this make you feel?
- How did it impact on other parts of your life?
- How do encounters with sexual abuse make you feel now?
- What is the cumulative impact?

**If we, with all our training, team working, support and experience, and the opportunity to attend conferences like this, can feel so mired in the swamp – then how do we expect local churches to react?**

# The impact of abuse

## Stories

- *Melanie the local Minister*
- *Justin the Bishop*
- *Simon the Member of UK Parliament*

BBC News report July 2015. My emphasis – Bold for problems and Underline for signs of progress.

Labour MP Simon Danczuk says he is stepping back from his campaigning work on child sexual abuse to seek help for depression. The Rochdale MP said he had sought help from a psychiatrist because **hearing victims' accounts had taken its toll on his mental health.**

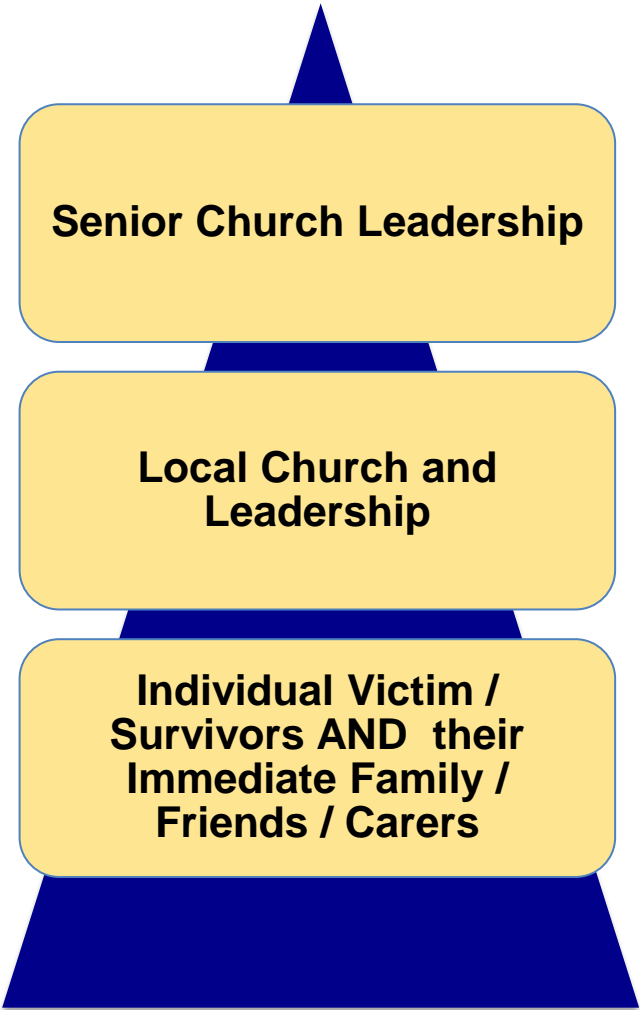
Mr Danczuk has been at the forefront of campaigning on child abuse allegations. He previously investigated allegations against former MP Cyril Smith, and has pressed the Home Office for action in relation to other historical abuse cases. "I would say I have been **suffering from depression** to the point where I have decided to seek help for that," he said, revealing that he had **experienced suicidal thoughts** at times. He said he was "**getting angry at stuff I shouldn't be getting angry at**, fairly mundane things" and becoming "**aggressive** - not violently aggressive - but getting angry about things".

Mr Danczuk, who has been an MP since 2010, said he was "**perhaps drinking a bit too much**", particularly after his meetings with abuse victims.

He said Parliament offered a regular "MOT" with a doctor who had referred him to a psychiatrist, who had given him "permission" to step back from the work, he said.

Mr Danczuk, who **recently separated from his wife, said he was "in no doubt" it had take its toll on his marriage.** "It's not conducive to a happy relationship, is it," he said. Asked about the effect of MPs' work on their mental health, he said there was an expectation to be "tough" in politics, adding: "I do not think that's such a virtue in this day and age."

# Questions about resilience at each of the four levels



## **Senior Church Leadership**

*How do we support church leaders so that they cope with the pressure placed on them by the reality of abuse without putting up barriers or developing defensive responses, which in turn reinforces an unhelpful culture throughout the church?*

## **Local Church and Leadership**

*How do we help them fast forward through their immediate emotional response to the situation, so that they can be their usual effective selves in dealing with the worst crisis the church will probably ever face whilst somehow, somewhere, also finding space to work through their personal response?*

## **Individual Victim / Survivors AND their Immediate Family / Friends / Carers**

*How can we enable and empower them to move forward, and how can our encounters be therapeutic without slipping into inappropriate therapy?*

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**.... and how do each of these questions relate to ourselves, in our role?**

# How do each of these questions relate to ourselves?



Reflection on the impact of 30+ years in social work, on me, my marriage, my family and my friends – almost too hard to do. Spanish holiday!





# Resilience

## Secondary Traumatic Stress



# Secondary Traumatic Stress

- Secondary traumatic stress (STS) is an occupational hazard
- results when you hear about the firsthand trauma experiences of another
- symptoms mimic those of post-traumatic stress disorder (PTSD)
- can re-experience personal trauma and / or
- notice an increase in arousal or avoidance reactions related to the indirect trauma exposure.
- wide variety of possible symptoms
- 'client' care can be compromised if the 'therapist' is emotionally depleted or cognitively affected by STS.
- many traumatized professionals end up leaving their jobs or the serving field altogether.
- risk appears to be greater for:
  - women professionals
  - those with a highly empathetic nature
  - those with unresolved personal trauma
  - those carrying a heavy caseload of traumatised individuals
  - those who are socially or organisationally isolated
  - those who feel professionally compromised due to inadequate training or support



# Secondary Traumatic Stress

## Possible Protective Factors

- Duration of professional experience
- Good preparation through training
- The use of evidence-based practices in the course of providing care
- The provision of support through supervision, mentoring and/or support groups in the work base.

## Suggestions from literature

- Regular supervision
- Careful balance of caseload where there is trauma
- Enhance physical safety of staff
- Incorporate the concepts of resilience; soul-shattering abuse / trauma, along with secondary traumatic stress, into initial and ongoing training as well as into supervision
- Ensure no-one has to cope alone (both remove the culture of the single pastor, and provide access to team working / support groups)
- Emphasize the importance of self-care – regular holidays, work-life balance etc
- Provide access to specialist healthcare where needed

# Secondary Traumatic Stress

## My additional suggestions for the Church context

- Emotional preparation for the reality of abuse – for our roles, church leaders and senior church leaders
- Remember this is a marathon not a sprint
  - *Elizabeth's 3 year story*
- No-one can or should do this alone – the importance of human partners and of resting in God's hands
- Remember that we make a difference and remember to remind others the same!
- Watch out for each other
  - *Jo's story*



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- Remember this is a marathon not a sprint
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- No-one can or should do this alone – the importance of human partners and of resting in God's hands
- Remember that we make a difference and remember to remind others the same!
- Watch out for each other
  - *Jo's story*
- Give positive feedback



# Resilience – so what?

Putting theory into practice in the real world

## Summary



# Resilience – so what?

## Putting theory into practice in the real world

### Recap:

- Chocolate pathway to temptation
- Finkelhor model
- Grooming pathway
- Three real-life examples
- Some difficult questions:
  - *How can we enable and empower victims/survivors, and their close family / friends, to move forward; and how can our encounters be therapeutic without slipping into inappropriate therapy?*
  - *How do we help local church leaders fast forward through their immediate emotional response to the situation, so that they can be their usual effective selves in dealing with the worst crisis the church will probably ever face whilst somehow, somewhere, also finding space to work through their personal response?*
  - *How do we support senior church leaders so that they cope with the pressure placed on them by the reality of abuse without putting up barriers or developing defensive responses, which in turn reinforces an unhelpful culture throughout the church?*
- **.... and how do each of these questions relate to ourselves, in our role?**
- Secondary Traumatic Stress – what is it and how can we foster resilience?

# Resilience

## Coffee and Comfort Break

