



Welcome
CIVICUS,
Activists/Labers,
Claudine, and
Interpreters!

Ginhawa

Becoming Activist-Healers

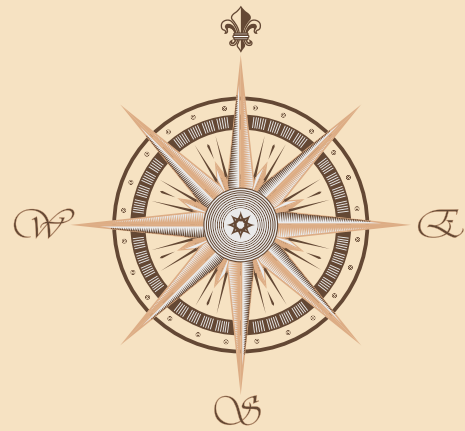


with your story-weaver:
Naro



Ginhawa

Map of March Voyage



Pakikipag-kapwa

Being with each other

20 min



Act 1

The Wounded Healer

Self-liberations
Rest & Protest
30 min



15 min
break



Paghilom & Laya

5 min



Act 2

Care 101

Psychological First Aid
Community Resilience Model

40 min

Healer

Someone who can remind others of their hope, courage, and strength.

**In what ways do I support the
healing of others?**



**What strengths do I have that
make me a healer?**

**What would make it difficult
for me to heal others?**



Where am I in the network of care?



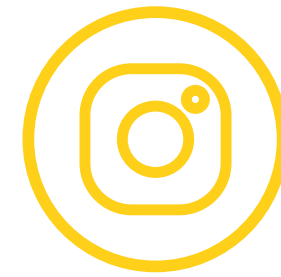
My Being
(Who I Am)

Identity
Personality
Meanings &
Beliefs
Strengths
Histories



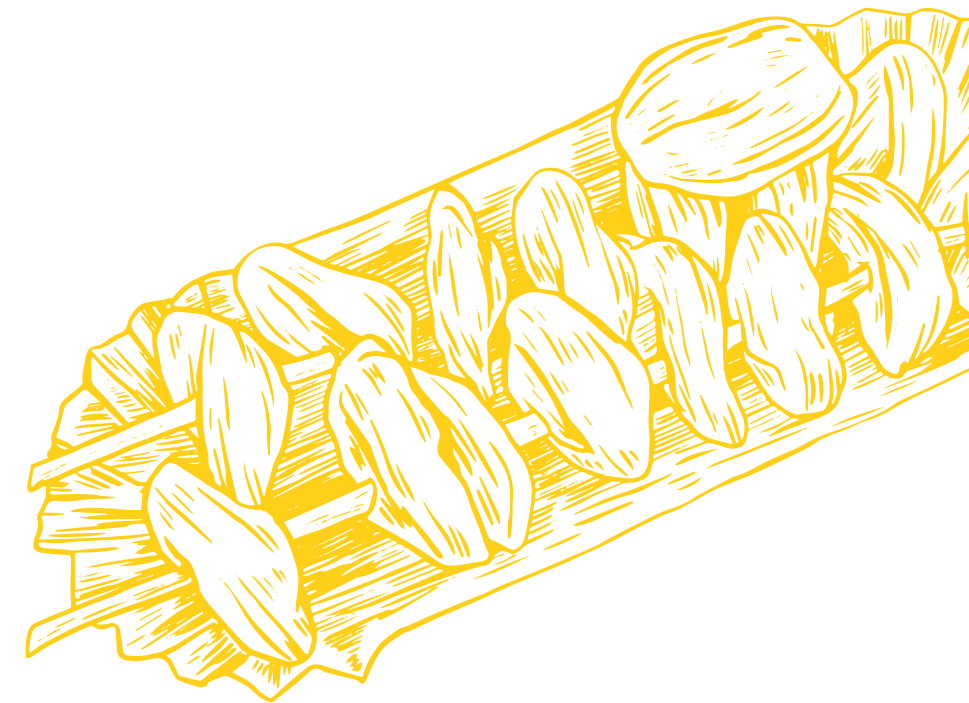
My Capacity
(What I
Can Do)

Skills
Ability
Knowledge



pahuway

15 minute break



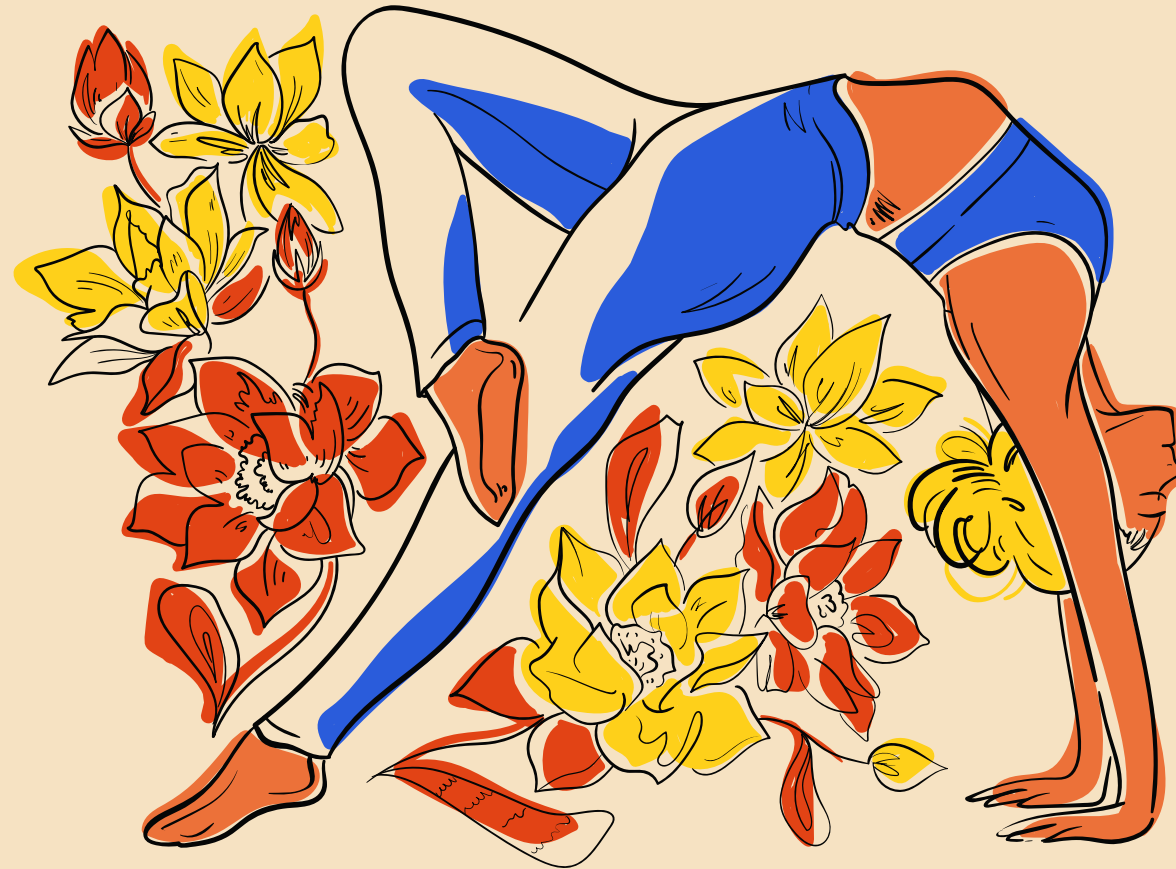
Care Skills

How to Help
Survivors of
Trauma

How to
Empower
Others

How to Help
Others Cope

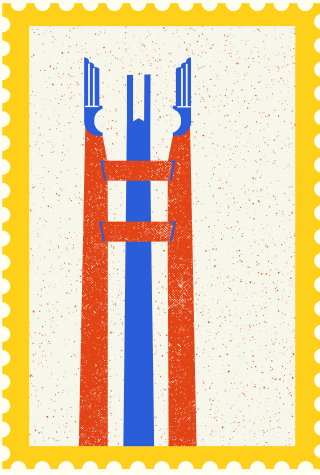
How to Support
Activists'
Wellbeing



Care 101

6 basic skills for activists

Psychological First Aid Skills



Look

Check for safety.
Check for basic needs (food, shelter, access to services, etc.)
Check for distress (burnout, compassion fatigue, vicarious trauma)

Listen

Ask about needs and concerns.
Listen empathically and help them feel calm.

Link

Accessible services (social, legal, etc.)
Reliable information
Connect them to loved ones and social support (community, chosen family, etc.)

Community Resilience Model Skills

Tracking

notice bodily sensations
redirect focus towards body's
neutral or pleasurable points

Resourcing

Identify internal and
external resources (from
within or outside) which
provides positive memories
or emotions

Grounding

direct contact of one's body
to the floor or a solid, stable,
& supportive surface

Ginhawa Project

**Learn about your local healing practices
(indigenous, cultural, decolonizing, critical, etc.)**

**How can you include them in your
wellbeing and activism?**

keriforactivists@gmail.com

Freedom Layya

Any Questions?

Ginhawa

Daghang salamat!
@ CIVICUS,
Activists/Labers,
Interpreters &
Claudine

Feel free to get in touch any time.
We are here for you and for any
social justice defender:
keriforactivists@gmail.com
fb.com/kerimentalhealth

The logo for 'keri' features the letters 'k', 'e', and 'r' in red, and the letter 'i' in blue. The letters are stylized and lowercase.

Amping amping (take care!)



THE MANY WAYS OF HEALING

SUPPORTING THE HEALING OF OTHERS

WE HAVE DIFFERENT WAYS OF HEALING AND DIFFERENT WAYS OF SUPPORTING THE WAY OTHERS HEAL. HAVING SOLIDARITY IS A FORM OF STRENGTH

EMPOWERING AND MOTIVATING OTHERS

LETTING THEM KNOW THEY ARE NOT ALONE



VALIDATING THEIR EMOTIONS AND LISTENING TO THEIR CONCERNS

ACCEPTING PEOPLE FOR WHO THEY ARE IN ALL ASPECTS



HOW TO HELP SURVIVORS OF TRAUMA

CARE SKILLS FOR ACTIVISTS



HOW TO SUPPORT THE WELL-BEING OF ACTIVISTS



HOW TO HELP OTHERS COPE



HOW TO EMPOWER OTHERS

CARE 101

6 BASIC SKILLS FOR ACTIVISTS



PSYCHOLOGICAL FIRST AID



LOOK

CHECK FOR SAFETY,
BASIC NEEDS, AND
DISTRESS



LISTEN

ASK ABOUT NEEDS AND
CONCERNS. LISTEN
EMPHATICALLY AND HELP
THEM FEEL CALM



LINK

ACCESSIBLE SERVICES,
RELIABLE INFORMATION,
CONNECT THEM TO LOVED
ONES AND SOCIAL SUPPORT

COMMUNITY RESILIENCE MODEL



TRACKING

NOTICE BODILY SENSATIONS
REDIRECT FOCUS TOWARDS
NEUTRAL OR PLEASURABLE
POINTS IN THE BODY



RESOURCING

IDENTIFY INTERNAL AND
EXTERNAL RESOURCES WHICH
PROVIDES POSITIVE
MEMORIES OR EMOTIONS



GROUNDING

DIRECT CONTACT OF ONES BODY
TO THE FLOOR OR A SOLID,
STABLE, SUPPORTIVE SURFACE

VISUAL SUMMARY BY CLAUDINE DELFIN