

**Vermont Victim Assistance Academy**  
**SESSION II 2019 - 2020**  
**Achievement Based Learning Objectives**

By the end of this learning session, participants will have:

- Identified and reflected upon individual values that are the foundation for relationships with others, both personal and professional.
  - Appraised and built one's use of personal empathy and communication skills as these relate to engagement with victims, survivors and colleagues.
  - Considered the impact of trauma, privilege, and self-care on our ability to empathize and communicate with others.
  - Defined concepts of power, privilege and oppression and other related ideas. Examined how we may use these in our daily lives, and how these may be used against us.
  - Articulated some limitations that power, privilege and oppression place on clients' access to culturally sensitive care; and applied empathy and inclusivity strategies to professional practice to mitigate these barriers.
  - Recognized and distinguished the various ways both individuals and communities are impacted by crime.
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**HOMEWORK - Session II Pre-Assignment:**

- Please read the accompanying definitions, and [watch 13th](#) with the definitions nearby
  - Pick three definitions and name how you see them showing up in 13<sup>th</sup>
- Please watch the following two videos:
  - Rabbi Dr. Abraham Twerski "[What Lobsters Teach Us About Stress and Change](#)" (1 min, 30 sec)
  - Chimamanda Ngozi Adichie: "[The Danger of a Single Story](#)" (18 min, 49 sec)
- Please listen to This American Life: "[Little War on the Prairie](#)" (55 min)
- Please reflect on the following questions:
  - Describe a brief instance in which someone has treated you or someone you know as a single story. What was this like for you?
  - Describe a brief instance in which you have engaged with someone else seeing them as a single story. What was this like for you?

## VVAA Session Two - Day One Agenda

January 7, 2020 · 8:30am – 4:30pm

8:30-9:15 am	<b>Welcome and Intros</b> <b>“One of Us” Activity – Introduction</b>
9:15-9:30 am	<b>Creating a Brave Space Reminder – Get Brave Now</b>
9:30-10:00 am	<b>The Basics of Bias &amp; The Backwards Bicycle</b>
10:00-10:45am	<b>Vulnerability and Relationship Building Skills</b>
10:45-11:00 am	<b>Break</b>
11:00 – 11:30 am	<b>Empathy Training &amp; VVAA Core Concepts</b>
11:30 – 12:30 pm	<b>Power &amp; Oppression – Part One</b>
12:30-1:30 pm	<b>LUNCH</b> – on your own – if you are sitting with folks you knew before you came here, please find a new place to sit.
1:30- 2:30 pm	<b>13<sup>th</sup> Reflection &amp; U.S. Policy Activity</b>
2:30–2:50 pm	<b>Iceberg of Culture</b>
2:50-3:00 pm	<b>BREAK</b>
3:00 – 4:20 pm	<b>Power and Oppression: Part 2</b>
4:20-4:30 pm	<b>Closing</b>

### Homework Assignment: Session 2 after Day 1

- Read [“Lowest Difficulty Setting”](https://whatever.scalzi.com/2012/05/15/straight-white-male-the-lowest-difficulty-setting-there-is/) Read all three sections: original article, updates 2 & 3
- Reflect on this reading – What strikes you, what are your questions?
- Spend some time journaling/talking to someone about what has been a barrier to caring for yourself. What should you be doing right now that will make you a safer advocate? What’s a barrier to actually doing it?

## VVAA Session Two - Day Two Agenda

January 8, 2020 · 8:30am – 4:30pm

8:30-9:00 am	<i>Welcome and Warm-up</i>
9:00-9:30 am	<i>Homework Reflection</i>
9:30- 10:50 am	<i>Impacts of Crime &amp; Vicarious Trauma</i>
10:50-11:00 pm	<b>Break &amp; SELF CARE</b>
11:00 am - 11:30pm	<i>Table Talk</i>
11:30 am - 12:30 pm	<b>LUNCH on your own</b>
12:30-2:30 pm	<i>How We Learn: Bias &amp; Decision Making</i>
2:30-2:35 pm	<i>Mindfulness Activity (Aron)</i>
2:35-2:45 pm	<b>BREAK</b>
2:45-4:00 pm	<i>Q and A with Core Trainers</i>
4:10-4:20 pm	<i>Winding Down</i>
4:20-4:30 pm	<i>Reflection and Looking Ahead</i>

### **VVAA Session 2 Post Assignment:**

Reviewing materials from your binders, notes and journals; please write a one-page reflection, include the following: Please email this to Andrea –

- Connections between session 1 and 2 – content, themes, core concepts
- Identify where services systems overlap and where there are gaps for victims
- Other observations and reflections from your learning experience.

**AND - Encourage yourself and others to practice self-care – invite someone to go for a walk with you or have a cup of tea, seek out supervision and support.**