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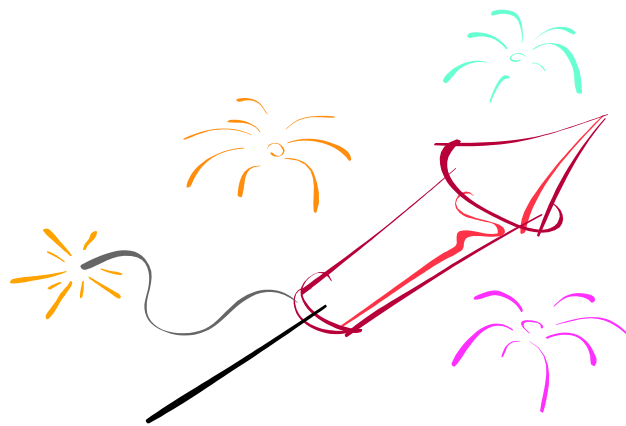
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the healing voice

Volume 3, issue 4

JANUARY/FEBRUARY 2012

Happy New Year!!



Message from the Group Services Coordinator



I would personally like to welcome you to the New Year and a developing group program! It has been an amazing experience thus far and I look forward to continuing working with such great facilitators! Here's to another great year!

Below are a few positive comments from different group members taken from facilitator evaluations:

Support Groups: *"They were direct and honest about everything",*

"They gave us all room to discuss our feelings", and

"They talked to us, not at us".

Psychoeducational Groups: *"Very informative",*

"honest, educated, and real", and

"handled sensitive subjects with care".



Art Therapy

Art Therapy is using a creative process to improve and enhance the physical, mental, and emotional well-being for participants. Through the creation of art followed by reflection upon the art produced, participants are able to increase their own self-awareness, cope with trauma, enhance skills for dealing with stress, and gain a deeper understanding of their self while benefitting from the art making process. (MESA). Sexual Trauma Services of the Midlands' goal is to provide an **Art Therapy** group for teens and young adults. **Art Therapy** is not a new idea when it comes to survivors of sexual assault. In the 1980s group art therapy was used in centers for survivors of sexual assault and models have been created to help survivors address problems that occur after the assault (Enari).

Rationale

"One important aspect of art therapy is the creation of a safe space where traumatic feelings can be processed. Sometimes the verbal skill is lacking to describe traumatic experiences and by creating art, the person can feel more confident." (Breat). Art therapy is utilized in a wide array of settings to promote well-being, socialization, communication, and healing; ease stress, pain and loss; improve cognitive and motor skills; and empower through transition concerns (AATA).

Goals for Treatment (CHOP):

- * encourage the self-expression of thoughts and feelings;
- * help process and work through traumatic experiences;
- * facilitate positive self-esteem and positive body image;
- * promote sense of independence and feelings of self-control;
- * provide peer interaction and a sense of community;
- * learn effective techniques to self-manage stress and anxiety;
- * improve cooperation and problem-solving ability;
- * encourage non-verbal communication skills; and
- * encourage the development of healthy strategies for coping.

-American Art Therapy Association (AATA); retrieved from:

<http://www.arttherapy.org/upload/toolkittrauma/traumatoolkit.pdf>

-Breat, E.A. & Ostroff, R. *American Journal of Psychiatry* 142: 417-424 (1985)

-Children's Hospital of Philadelphia (CHOP); retrieved from:

<http://www.chop.edu/service/child-life-education-and-creative-arts-therapy/programs/goals-and-benefits-of-art-and-music-therapy.html>

-Enari. *The Importance of Self-Body Image in Survivors of Sexual Assault with PTSD and using Art Therapy Techniques*. Retrieved from:

<http://www.pandorasproject.org/articles/PTSDarttherapy.html>

-Moving to End Sexual Assault (MESA); retrieved from:

<http://www.movingtoendsexualassault.org/artgroup.html>

Sexual Trauma Services of the Midlands is excited to announce a grant to improve our Group Services Program!! We will have 3 new types of groups added:

1. Yoga Group Therapy;
2. Art Therapy for ages 12-23; and
3. Animal-Assisted Therapy!!!!

These new groups have been researched and chosen carefully by staff. Also, these groups have all been proven effective on some level by:

- Increasing positive social behavior
- Enhancing self-esteem
- Decreasing depression and anxiety

We are very excited to be able to offer these groups to clients!!!

What Are "Vicarious Traumatization (VT)" And "Burnout"?

VT is described as the negative effects of working with clients that have suffered traumatic experiences; also permanently transforms helpers' sense of self and the world.

Burnout is a prolonged response to chronic emotional and interpersonal stressors on the job which consists of exhaustion, depersonalization, and diminished feeling of self-efficacy in the workplace.

Signs and Symptoms of VT:

- Overly involved with client
- Experience bystander guilt
- Preoccupied with thoughts of clients outside of work
- Impact personal relationships and ability to experience intimacy
- Loss of hope, pessimism, cynicism
- Experiencing symptoms similar to client

Signs and Symptoms of Burnout:

- Experiencing Chronic Fatigue
- Decreased satisfaction at work
- Being unexcited about life
- Feeling overworked
- Withdrawing from responsibilities
- High emotional volatility
- High irritability
- Feeling underappreciated

Tips for Self-Care and Prevention:

Take care of yourself

- eat right
- exercise
- get sufficient rest

Practice stress-reducing activities

- breathing
- yoga
- meditation
- read

Practice what you preach

- Prioritize your time
- Reach out to supportive friends/family
- Include pleasurable activities in your schedule

Upcoming Events:

January 2 & 16: Office closed

January 6: In-Service at STSM: Sistercare 10:00 am—11:30 am

January 11: Group Supervision

January 30: Deadline for submission of application/resume as Volunteer Group Facilitator

February 1: Volunteer continuing education training; at STSM 6pm-8pm; please RSVP; Dinner will be provided.

February 4 & 5: Volunteer Advocate Training

February 11 & 12: Volunteer Advocate Training

“We respect individuals and their confidentiality, diversity and self-determination. We believe in delivering high quality services in a caring and non-judgmental manner.”

Point 1 of STSM’s Philosophy

Current Groups:

- Morris Village Psycho ed Group
- Lexington ASA Female Support Group—TREM— to be Completed
- Richland ASCSA Female Support Group—TREM— Now Completed

Upcoming Groups:

- Sistercare—Richland
- Teen Support Group—TREM
- Women’s Shelter Psycho Ed Group
- Male Support Group—TREM
- Secondary Survivor Support Group
- Women’s Support Group—TREM
- Art Therapy Group *NEW*
- Yoga Therapy *NEW*

Reminder!

All group forms are due by the first business day of every month, and group updates are due every Friday by 9am to the Group Services Coordinator! These are VERY important for our federal grant!

Please notify the Group Services Coordinator at gsc@stsm.org and/or the Director of Therapy and Outreach at dto@stsm.org if you:

- Have any issues involving clients or group locations,
- Cannot attend group clinical supervision,
- Wish to schedule individual clinical supervision,